



Introduction

Aim of this level	To increase self awareness and to improve self esteem.
Topics covered	<ol style="list-style-type: none">1. This is me2. My qualities and strengths3. The way I look4. Things that make me feel good5. Things that bring me down6. The way I feel7. Moving forward
Length of level	This level will take 15 - 22 lessons depending on the ability of the students and the length of the lessons
Students	Groups work best if students get on and are well matched for both personality and need. Aim for a group of between 5 and 8 people. Remember that a larger group will mean the level may take longer to complete.
Group gelling	Factors that can help group cohesion are: group cohesion activities (see pages 225-229); get the group to decide on a name for the group; devise some group rules; make sure everyone takes part; and good leadership.
Format of the session	<ol style="list-style-type: none">1. Group cohesion activity2. Recap3. Main activity(s)4. Set homework (if appropriate)5. Group cohesion activity
Confidentiality	Remind everyone that the content of the sessions is not to be discussed with other students outside of the session



Topic 1: **This is me**

Objectives:

To introduce awareness of self and others
To introduce the activity 'Today I am...'
To introduce the 'It's good to be me diary'

Materials:

Photocopy Activity & Worksheet
Purchase small books that can be used as a diary

Timing:

This topic will take up to 2 sessions to complete

Activity

Notes

Who am I?

(Activity 1 &
Worksheet 1)

Photocopied cards (page 24-25) are placed face down in the centre of the circle. Each person takes a turn to pick up a card and complete the sentence. Continue around the group until each student has had at least 2 turns. Choose a few to talk about as a group and for everyone to share their ideas. Worksheet 1 could be completed now or for homework.

Today I am...

(Activity 2)

Group leader introduces the emotions and facial expressions/symbols on page 27. Students are asked to consider how they are feeling today and then to rate the feeling on a scale of 1 – 10. They are then asked to tell the group why they are feeling happy/sad etc. This activity could be repeated at the beginning of every session within this level.

It's good to be me diary or My Talkabout Diary

Students are given a special book which is their 'It's good to be me diary'. The book should be divided into days and then each day could be divided into 'teacher comments' and 'my own comments'. Students should carry it around and throughout the day, teachers are encouraged to write something positive in their book. At the end of the day, the student adds their own positive thoughts about the day. It is important to alert all staff to this activity so that they can actively participate. Students are encouraged to decorate their book and then to share 1 comment from their book each week.



Activity 1: **Who am I?**

Instructions

Photocopy and cut out the cards. Cards are placed face down in the centre of the group. Each member takes it in turns to pick up a card and complete the sentence. The card is then replaced at the bottom of the pile. The game continues until everyone has completed all of the sentences.



I get angry when...



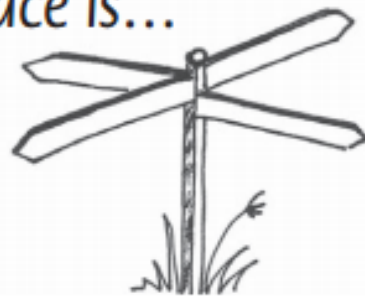
I am happiest when...



I would most like to be...



My favourite place is...



I am looking forward to...



If I was an animal, I'd like to be a...





Activity 1:

Who am I? Page 2



I worry about...



I am most relaxed when...



My favourite TV programme is...



My most treasured possession is...



If I was to star in a TV programme or film, I'd most like to play...



My favourite meal is...





Worksheet 1: Who am I?

Name Date

I am happiest when...



.....

My favourite place is...



.....

My most treasured possession is...



.....

I am most relaxed when...



.....

My favourite meal is...



.....

I worry about...



.....

I am looking forward to...



.....

I get angry when...



.....

My favourite TV programme is...



.....

I would most like to be...



.....

If I was an animal,
I'd like to be a...



.....

If I was to star in a TV
programme or film,
I'd most like to play...



.....





Activity 2:
Today I am...

10	<p>Feeling happy</p>	<p>Feeling tired</p>	<p>Feeling angry</p>
9			
8	<p>Feeling out of sorts</p>	<p>Feeling bored</p>	<p>Feeling fed up</p>
7			
6	<p>Feeling excited</p>	<p>Feeling low</p>	<p>Feeling sad</p>
5			
4	<p>Feeling worried</p>	<p>Feeling hurt</p>	<p>Feeling unwell</p>
3			
2	<p>Feeling loved</p>	<p>Feeling embarrassed</p>	<p>Something else... ?</p>
1			