



Health &
Wellbeing

LKS2
Relationships

Living in the
Wider World

Unit 3: Bullying Lesson 2: Self-Worth

Learning Objectives

- Understand what self-esteem is and why it is important
- Know how to communicate their opinions in a group setting

HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying

PW32 Talk about their views on issues that affect themselves and their class

PW44 Empathise with another viewpoint

Introduction

Bullying is a subject that is often in the media. Bullying has a profound effect on children and their self-esteem if not dealt with quickly and appropriately. They need to be able to spot examples of bullying (and what is not bullying) and know how to seek help when necessary.

- Ask the pupils if they have ever felt low? What made them feel this way?
- Feeling low affects our whole outlook: the way we act, think and physically look but raising our self-esteem can help and is very important.
- When you are feeling low and vulnerable it isn't easy to be positive and think of things you are good at. Explain that, if you had a circle time session on what you are hopeless at, you could probably think of a million and one things e.g. I can't draw, I can't sing. It is often easier to think of what you can't do than what you can do!

Resources

'Marvellous Me!' template

Main Activity

- Explain that the pupils are going to write a poem that boasts about the things they are good at, using the template provided. Its title will be 'Marvellous Me!' and each section will start with 'I am marvellous at...'. Encourage the pupils to think about the things they are good at and then exaggerate them. For example:-

I am marvellous at blowing bubbles with bubble gum.

I can blow them so big that they are as big as the house next door and they lift my feet right off the floor.

Plenary

- Pupils to share their boasting poems with the class.
- Celebrate each other's strengths and the things they are great at.

Assessment

- Why is it important to identify our strengths?
- Why do you think it is so difficult to say what we are good at?

I'm a Marvel!