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| Unit: | Habits of Successful People | Suggested Order: 1 of 7 |
| Topic: | About Me (if students have studied the Transition Unit, you may wish to make the title ‘About Me V2’ | |
| Key Objectives: | LO decided by individual students at the end of the lesson but likely to be:  To analyse our strengths and areas for development  To develop our confidence in speaking about our strengths  To assess whether we were supportive of each other | |
| Resources: | Teacher PPT  About Me V2 Task | |

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| Guideline Timing | Activity | Typical Learning Gains | Notes / Advice from teaching team |
| 5-10 Mins | I went to the shop and I bought…. | Icebreaker (particularly if this is the first lesson of a stand-alone intervention)  Good way for teacher to identify students who may need extra support or extra reinforcement | *The concept of this game will be used as part of a self-esteem task later in the lesson.* |
| 5 Mins | Introduce unit |  |  |
| 10-15 Mins | Students complete the About Me information sheet. | Students typically struggle with either the positive or the negative. It is important to make sure that the diagrams are balanced e.g. 3 good and 3 areas to improve. | *If the class has studied the Transition Unit, this is a nice moment to revisit their first About Me diagrams.* |
| 10-15 Mins | Repeat of the I went to the shop game but with qualities e.g. I went to the shop and met Jane who was optimistic, then I met Mehmet who was a good footballer etc. | Great way to share positive feedback. If a new group, helps to build knowledge of names etc. |  |
| 5 Mins | Students decide what the LO was | Opportunity to assess what students think that they learned |  |

Opportunities to differentiate / personalise:

Students who struggle with memory can be allowed to write little notes to help remind themselves or just targeted to remember names if a new group.