

Lesson Plan for teachers



Development of Emotional Skills of Students

SELF-STEEM

TOOL 1

Activity for students in class

Name of the Tool

Roleplay - My Strengths and Weaknesses

Objectives of the Tool


The students can distinguish and say their positive character traits. The development of positive relationships.


Connection of the activity to the skill




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 Knowledge: The child recognizes his acting during the situation and controversial elements.

 Skills: The child analyzes his behavior, can make difference between acceptable and unacceptable behavior.

 Attitudes: Analyzing attitude of emotional state and behavior.

Outcomes

The students can recognize their strong positive traits.

Introduction of the Tool

The teacher gives the pupils four small cards. On three of them they write their strong character traits, and on the fourth – the weak ones. The child stays in front of the classmates and they have to guess what is written. The pupil can help them with gestures and pantomime. If the classmates give him proposal ideas, he can add it to the card. The student can share only weak traits and the other child can give him advice on how to fight with it.

Note: The best model or an example will be the teacher. He can begin the game.

Required time

30 min.

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Resources, material needed

Text, Color Pencils, Cards

Tips for implementation of the tool by teacher

The connections with other school subjects, extracurricular and school forms, Bulgarian language, Reading comprehension, Arts, and Class hours.

Discuss. Multimodal approach (working with text, video lessons, images), talk.

Age group most suitable for the tool implementation

The fourth grade.

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

The topic has to recall fraternization, the relations with the people in the society.

This method is suitable for implementation in the classroom or the outdoor classroom. There is no need for specific environments. The students, who activate in it are necessary to realize their strong and weak character traits.

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Development of Emotional Skills of Students

SELF-ESTEEM

TOOL 2

Activity for students in class

Name of the Tool

I can do it myself

Objectives of the Tool

The child knows and applies strategies for self – motivation.

Connection of the activity to the skill

👉 **Knowledge** – The child knows what motivates and demotivate him, and recognizes strategies of self-esteem.

👉 **Skills** – The child can apply strategies of self–esteem and overcome states of demotivation.

👉 **Attitudes** – Attitudes of growth and development.



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Which are the most suitable methods the teachers can apply?

Discuss. Reflection.

Which educational forms can they realize with?

An Independent lesson or a part of a lesson with all subjects in the school program.

When is it suitable to be realized?

Yearly, and repeat it periodically, to see their progress.

What kind of materials are needed?

- ✓ Worksheet

Connection with other subjects in extracurricular and school forms.

The topic has a connection with all the school subjects.

Outcomes

- The students realize their individual role for creating their well-being;
- Make realistic assignments for the consequences of different actions;
- Identify decisions for personal and social problems;
- Building skills to practice the strategy of self-esteem and progress with the state of demotivation;
- Develop attitude for growth and progress;
- Good self-esteem improves the pupil's ability to make a positive social
- relationships.



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Introduction of the Tool

Topic: I can do it myself		
Time	Activity	Description
5 min.	Watching animation	Video „Uzair “ You can find it on Youtube under: UZAIR Best Animated Short Films 2021 - Motivational & Inspirational
15 min.	Discuss	Questions: 1. Did you like the animation? 2. What impressed you? 3. Does Piper success in the situation? 4. What troubled him? What helped him? 5. What can you do now, which you couldn't last: „ If the child finds difficulties, the teacher must help with the examples: To write / to read / to dress up alone / to make breakfast/ to take out the trash“.) 6. How you feel when you do these actions? 7. What do you want to learn more by yourself? Why?
15-20 min.	Work sheet	Summary: The more things we learn to do alone, the better progress we reach.
1-2 min.	Reflection	What new things did you learn with these activities? Which exercise did you cope absolutely alone with? Which exercises were difficult for you, in order to improvement in the future?

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40 minutes

Resources, material needed

- ✓ Worksheet

Tips for implementation of the tool by teacher

The teachers have a main role in the formation and promotion of self – esteem for their students. One of the fundamental ways to gain this purpose is by making positive and inclusive development in the class environment. Effective communication is the main element of talk between pupils. The teachers can support the construction of self-esteem, and encourage attitude of mental and intellectual growth. Creating opportunities for participation of their children is a reason to become a leader role in the classroom and increase their self-esteem. The teachers' strategies support students in developing their skills. This happens, because of positive encouragement, constructive feedback, and encouragement to make a purpose.

Age group most suitable for the tool implementation

3rd and 4th grade students

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

Creating an inclusive practice in the classroom:

- Self – awareness and self – confidence;

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- Self – government of the emotion and behavior

Worksheet

- 1. Draw and describe one or more things, which you can do alone and which you are proud of with?**
- 2. Draw and describe one or more things, which you will learn to do alone?**

This, I am proud to know is...	This, I would like to learn to do is...
1.	1.
2.	2.
3.	3.

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