



# Who am I?

## **L** Lower

- Lesson 1: Who am I? Who are you?
- Lesson 2: Thinking about me
- Lesson 3: Heroes

## **LU** Lower/Upper

- Lesson 4: I am a special person

## **U** Upper

- Lesson 5: Growing and changing
- Lesson 6: Motivating me
- Lesson 7: Celebrate me
- Lesson 8: Learning about each other
- Lesson 9: Finding a future for me
- Lesson 10: Who are my heroes?
- Lesson 11: Hopes and dreams
- Lesson 12: Becoming better at being ourselves

# Lesson 4: I am a special person



30-45 mins

## Aim

To encourage children to think about how we value ourselves and respect each other.

## Learning outcomes

Children should be taught:

- to talk and write about their opinions, and explain their views, on issues that affect themselves and society;
- to face new challenges positively by ... making responsible choices ... ;
- to resolve differences by looking at alternatives, making decisions and explaining choices.

## Resources

- Large candle and matches or lighter
- Music (optional)

## Activity

Ask who knows what the term 'self-esteem' means. Lead the discussion to a definition along the lines of 'recognising one's own value as a person'.

Write on the board words that contribute to helping us feel good about ourselves – 'confident', 'proud', 'respect', etc. Emphasise that it is natural and good to have these feelings and that we can rightly feel proud of ourselves; we don't need to 'show off', for hopefully others will value us as they will notice what we do and how we behave. We must think of ourselves highly, not because we're bigheaded, but because we value and respect ourselves.

Talk about what people sometimes do when they have no self-worth – they may become bullies, depressed, miserable, harm themselves, do unwise things in order to be accepted, etc.

Talk about ways of ensuring that everyone feels valued. Tell the children that they have all shown that they are thoughtful because they have made sensible and constructive comments in the discussion. They are talented and able in so many different and interesting ways.

Invite them to sit in a circle (with the unlit candle in a safe place in the middle). Ask them to sit quietly and think about all the things they are

proud of, all the things they are good at, all their past achievements, and the qualities they have that everyone values, such as persistence, courage, helpfulness, kindness, the ability to make others happy, and so on. Explain that everyone needs to discover their 'spark', the quality that gives them energy and purpose and inspires them to make the best of themselves.

Tell them that when you light the candle, you want them to look at the flame. This light symbolises their 'spark' – the qualities they have, and will need to work on, to achieve their goals in life. They should sit and think about their own personal value, how they can grow to be happy and how they believe they can play an important and useful part in society.

## Further suggestions

As a homework project, ask the children to make a collage poster of all the qualities they have. They should write their name in 'lights' or they could make a stage set in a shoebox featuring themselves. These can be brought in and displayed if you intend to hold a 'Celebrate me' event (see Lesson 7).

In the book *Something Beautiful* by Sharon Dennis Wyeth, a young African American girl feels sad about her ugly surroundings. She tries to find out what is meant by 'beauty':

[http://www.teachingchildrenphilosophy.org/wiki/Something\\_Beautiful](http://www.teachingchildrenphilosophy.org/wiki/Something_Beautiful)

This website has excellent questions to promote discussion.

There is also an online version of the book read by a child. You may want to check this first to ensure your pupils will be able to understand it and to explain the American words such as 'trash', 'sidewalk' etc.

There is also an online reading of the book at:  
<https://www.youtube.com/watch?v=Nl6WRF7q1I0>

Another useful book is *Mufaro's Beautiful Daughters* by John Steptoe:  
<https://www.youtube.com/watch?v=pXPV35dah8I>

## Differentiation

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**SEN:** Record the children's ideas and comments during the group discussions.

**More able:** By outcome.