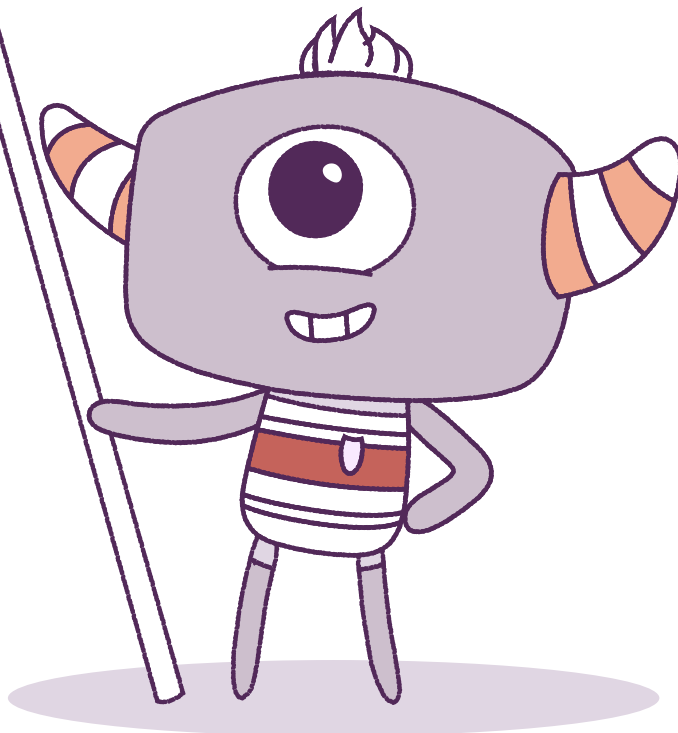




BIG TALKS for Little people

LESSON 6 SELF-CONCEPT



LESSON 6 - SELF-CONCEPT

LESSON AIMS

Understand self-concept

EQUIPMENT REQUIRED

Digital animation: "Under a Cloud"

General Stationery: Tools for drawing and writing.

Printout: Roleplay scenarios.

CORE CONTENT

PART 1: Review the content from last week.

PART 2: Watch animation "Under a Cloud".

PART 3: Understanding empathy.

PART 4: Roleplay scenarios.

PART 5: Self-concept worksheet

TEACHER NOTES

Drawing on the previous lesson learnings that introduce self-concept, students will extend their learnings and relational and social awareness, to explore and understand values of empathy.

In alignment with HPE Australian Curriculum V.9 Year 5/6 content descriptions, students will: Describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04).

This is elaborated through the General Capabilities: Personal and Social Capability: Social awareness: Empathy.

These integrated learnings aim to enhance students' capabilities in social awareness and social management.

Please read the recommended Teacher Sheet: 'Trauma', located on the 'Big Talks...' website.

PART 1: REVIEW CONTENT FROM LAST WEEK

Begin by reviewing what students remember from last week about resilience. Also, return the "Self-Concept" task sheets from the previous lesson.

PART 2: WATCH ANIMATION: UNDER A CLOUD

Show students the 'Under a Cloud' animation and have them record feelings and emotions in their Wellbeing Dictionary.

Prompt: Ask students what they think the Peep - Pan was feeling. Ask them if they can think of a time when they felt like Pan, and what situations and events created these feelings.

Ask students what they thought of the Peep Brim's actions in the animation.

Prompt: Query students on what feelings, skills, and values they can see Brim demonstrating (i.e., care, compassion, kindness, bravery). Discuss the concept of 'empathy' and how we can build empathy by trying to understand and care about the feelings of others.

PART 2: CURRICULUM LINKS

Students learn to describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04).

General Capabilities: Empathy

Students explain how the ability to appreciate others' needs, emotions, cultures, and backgrounds assists in the development of social awareness.

Elaborations:

Students explore strategies for responding when relationships change, such as starting a new school, changing priorities or interests etc.

Continuum Extract:

Explain how the ability to appreciate others' needs, emotions, cultures and backgrounds assists in the development of social awareness.

LESSON 6 - SELF-CONCEPT

PART 3: UNDERSTANDING EMPATHY

Explain what empathy means to the students. The definition of 'Empathy' from the Merriem-Webster Dictionary:

"The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts and experiences of another."

We can build 'empathy' by trying to understand and care about the feelings of others.

Ask students:

Have you shown 'Empathy' before?

Share some examples with your class of times when you have shown 'Empathy'.

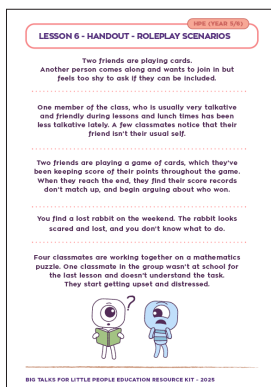
Explain the outcome of your actions.

Explain how you were able to understand, help and comfort the other person.

Would you change anything, or do the same again?

PART 4: ROLEPLAY SCENARIOS

Access the printouts for the roleplay scenarios.



Have students take turns acting out the scenarios, pausing at certain points to brainstorm how actors in scenarios can use and show empathy.

PART 4: CURRICULUM LINKS

Students learn to describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04).

General Capabilities: Empathy

Students explain how the ability to appreciate others' needs, emotions, cultures, and backgrounds assists in the development of social awareness.

Elaborations:

Students explore strategies for responding when relationships change, such as starting a new school, changing priorities or interests etc.

Continuum Extract:

Explain how the ability to appreciate others' needs, emotions, cultures and backgrounds assists in the development of social awareness.

PART 5: SELF-CONCEPT WORKSHEET

Lesson conclusion summary: Ask students how they would like to be treated when they're feeling sad or upset. Facilitate a discussion on why it's important to think of other people's feelings.

Have students make additions to their self-concept worksheet including attributes of empathy and caring for others.

PART 5: CURRICULUM LINKS

Students learn to describe and demonstrate how respect and empathy can be expressed to positively influence relationships (AC9HP6P04).

General Capabilities: Empathy

Students explain how the ability to appreciate others' needs, emotions, cultures, and backgrounds assists in the development of social awareness.

TEACHER CHECKLIST

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Have you completed the relevant activities and shown the digital animation?