



CLIMATE



Me, Myself And A Positive I Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Me, Myself and a Positive I children's worksheet
- ▶ Pens or pencils

L.O:

- ▶ To Identify Positive Affirmations About Myself.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Introduce the class to positive affirmations, ask if any of the pupils know what they are?

Explain to the class that positive affirmations are positive statements or phrases that help challenge negative or unhelpful thoughts about yourself. Give a few examples such as "I am smart" or "I can do it" and ask the class to come up with other examples.

MAIN TEACHING (10mins)

Explain to the class that it is important to identify the positive elements to our own personalities and in doing so to also recognise certain features that may be desirable, such as 'confident,' 'brave,' or 'powerful,' and how positive affirmations can help us identify the positive changes we want to make.

- MAIN TASK - Me, Myself And Positive I (15mins)

Tell the class that we will be taking time to think about the best parts of our personalities, our talents and abilities, plans and knowledge. They must write them on the worksheet, before proudly reading them out to the rest of the class.

The four 'Me, Myself and a Positive I' points to fill in are...

- ▶ I am...
- ▶ I can...
- ▶ I will...
- ▶ I know...

PLENARY (2mins)

GROUP DISCUSSION – Discuss with the class the difference between confidence and arrogance. Give the example that a person can be confident that they are smarter than someone but that it would be arrogant to think they have nothing to learn from them.

DID YOU KNOW!

Positive affirmations and positive thinking are a way of persuading ourselves to see our true value. To find out more about persuasive technique check out our persuasive writing lessons.



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CHILDREN'S SHEET

Fill out the worksheet by completing the four statements below to describe yourself with positive affirmations.
When you've finished, proudly read them out to the rest of the class.

The four 'Me, Myself and a Positive I' points to fill in are...

► **I am**

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► **I can**

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► **I will**

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► **I know**

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