



Review Renew Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Review Renew worksheet
- ▶ Pens / pencils

L.O:

- ▶ To know that wanting to improve myself is a good thing.
- ▶ To identify healthy ways I can improve myself.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Ask the children to share if there is anything about themselves they would like to improve on.

For example, if they want to be able to run a mile in a shorter amount of time, then they can start running more often, try different shoes, or use a stopwatch to keep track of their progress. Or if they want to improve their vocabulary then try to read a book a week or even more if they are able.

MAIN TEACHING (10mins)

Leading on from the Group Discussion tell the children that many of us may want to improve certain things about ourselves, and that is ok. No one is perfect. Tell them that whilst we should not be too hard on ourselves, recognising the things we would like to change or improve can help us to grow and learn.

If you have time they can decorate the template to show what the 'ideal you' might look like.

Ask the children for examples of how we can be hard on ourselves. Tell the children that when we are being too hard on ourselves it can do more harm than good and we should be careful not to have a negative impact on ourselves. But from a healthy perspective we can make positive change. Such as improving our readings skills, practicing a sport or a hobby, or doing exercise to stay in shape.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their Review Renew list with the other children and ask the group to suggest alternative ideas on how they could improve on each point.

MAIN TASK - Review Renew (15mins)

Using the Review Renew worksheet have the children think of different things about themselves that they might like to improve on and then think about how they will achieve this.

DID YOU KNOW!

Every place on earth has its own distinct culture, which is why there must be thousands of them.



Review Renew Worksheet CHILDREN SHEET

Using the Review Renew worksheet think of different things about yourself that you might like to improve on and then think about how you will achieve this. For example, if you want to be able to run a mile in a shorter amount of time, then you can start running more often, try different shoes, or use a stopwatch to

keep track of your progress. Or if you want to improve your vocabulary then you can try to read a book a week or even more if you are able.

If you have time you can decorate the template to show what the 'ideal you' might look like.

| | What to improve | How to improve it |
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