

# Things I Like About Me

## Lesson plan

### Aim

To help young people to find and share things they like about themselves and to develop a positive self-image.

### Mapping

CES 'I Can' Statements	CMS Themes
★ I own and can manage my profile and can use it to help me discuss my interests, strengths and skills with my parents/carers and others	★ Self: I develop and maintain a positive self-image

### Learning Outcomes

Young people will understand:

- what they like about themselves
- how these things add up and can make them think positively about themselves.

### Development of Activity

#### Introduction

This activity should show the young person that there are lots of good things about them and help them to feel positive about themselves.

#### Instructions for the young person

You can use these instructions for your young people to explain the activity.

There are two worksheets for this activity. One for mainstream school subjects and another Easy Read version for young people in ASN schools or bases. You can choose the one that is best for your pupils.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

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### **Before you start**

Print the 'Positivity jar' worksheet or ask someone to print it for you

If you can't print it, draw the jar on a piece of paper

### **Activity instructions**

Fill the jar with things you like about yourself

- ★ Make it fun and colourful: write, draw, use photos, cut out pictures
- ★ Need help? Ask family and friends what they like about you
- ★ Think about how you feel about yourself after doing that
- ★ How can feeling positive about yourself help you in your career?

### **Follow-up**

The young person should think about how they feel about themselves. They should discuss with their teacher/family/friends how a positive self-image can help them in their career.