

WHAT MAKES YOU, YOU?

A lesson about celebrating individuality & identifying strengths

Designed for girls aged 6 - 11 yrs

90 minutes (approx)



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A lesson about celebrating individuality & identifying strengths

A Note To Teachers

This lesson is all about helping girls feel **happy in their own skin**. Girls will gain a stronger **sense of self** and **self-worth** as they identify their own likes, dislikes, interests, achievements, personal qualities and the important people in their world. This **self-awareness** leads to **inner confidence** and **healthy self-esteem**. The more we understand ourselves and what brings us joy, the more **self-assured** and **secure** we feel.

The lesson is based on **positive psychology** principles, a field of psychology that focuses on the **positive influences** and events in our lives. It is about identifying our **positive traits, individual strengths, positive experiences** and then building upon these to foster **higher levels of happiness** and **well-being**.

We believe that children are most likely to engage effectively in their learning and stick at something if they are enjoying themselves. Therefore, the activities in this lesson are creative, thought-provoking and most importantly, FUN!

As a teacher, enjoy yourself and SMILE as you deliver this lesson! Your students will love participating in the creative, fun activities and we hope the content helps them understand how truly amazing they really are!

"Try to figure out who you really are and not who you want other people to think you are"

Salma Hayek



WHAT MAKES YOU, YOU?



WORKSHOP PLAN

Warm Up 1: Toss and Talk (10 mins)

Girls sit or stand in a circle. Randomly toss or roll a 'Question Ball' around the circle - whoever catches the ball answers the first question they see. Comment on the girls' answers eg 'I love that book too', 'Why did you choose that super power?' etc

Keep the questions on the ball short eg

Summer or winter? Favourite movie? Favourite book? Dresses or jeans? Super power?
Peas or carrots? Chocolate or icecream? Favourite holiday? Dogs or cats?



Warm Up 2: The Wind Blows (10 mins)

Paraphrase the following in your own words...

Now, let's play a game when we find out some interesting things about each other. Everyone stand up and imagine that you are a leaf blowing gently in the breeze. When I say 'The wind blows...I'm going to say a statement. Now if this statement applies to you, you need to float gently to the ground. For example, I might say 'The wind blows for those people who have a birthday in August!' If your birthday is in August, you would gently float to the ground. Next I might say 'The wind blows for those people who have a pet...then if you have pet, you float up to a standing position and if you were standing you'd float down onto the ground. Do you get it? Great, let's play. The wind blows for those...

- Whose name starts with A
- Who have a birthday in October
- Who have a sister
- Who walk to school
- Who like reading books
- Who speak more than one language
- Who have given a speech on their own
- Who have something kind lately
- Who have done something brave
- Who have given someone a compliment lately
- Who have worked hard at something and improved
- **Teacher: feel free to add some of your own!**

WHAT MAKES YOU, YOU?



WORKSHOP PLAN

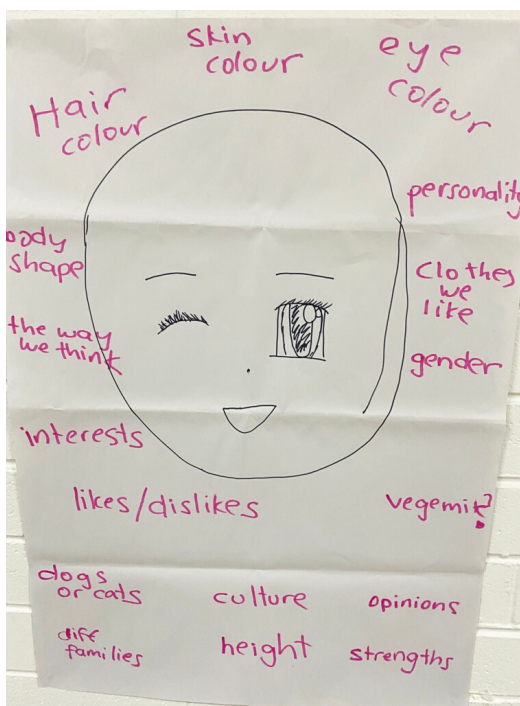
Brainstorm: Identity (15 mins)

Paraphrase the following in your own words...

Did you know that when we know who we really are, we feel more confident and make better choices for ourselves? Knowing who you are can be as simple as knowing what your favourite food is or as complex as being aware of the activities that make you feel happy. The more we understand about ourselves, the happier we feel. So, it makes sense for YOU to get to know YOU! Let's get to know YOU now!

Today we are going to brainstorm lots of ways that we are different from one other. Put your hand up if you can tell me some ways that make us different? (Write the girls' ideas on a whiteboard or large paper on a wall. During your discussion, reinforce the idea that we are all different and that is a good thing! You can prompt interesting discussion with the questions below).

- Do you think we should change ourselves to be more like everyone else and 'fit in'?
- Do you think you can friends with someone who has different interests from you?
- If someone asked you to change to be more like someone else, what would you say?
- Can you think of any situations when people should try to change?
- If someone made fun of one of your interests, or teased you about the way you look, what would you think to yourself? If you felt upset about it, who could you talk to?
- Can you control what other people think? Can you control what YOU think?



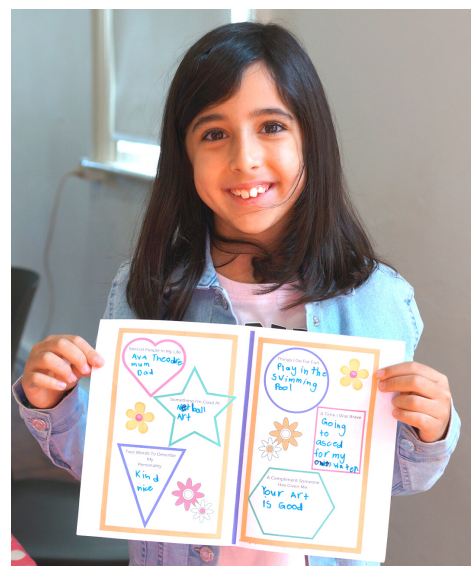
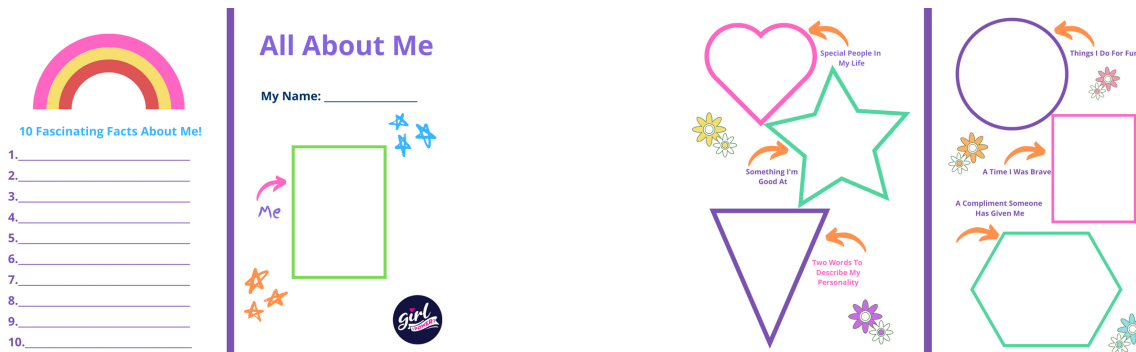
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WORKSHOP PLAN

Activity: Identity Booklet (20 mins)

The girls will now complete the **All About Me booklets** (see end of lesson for printable booklet). Ask them to sit at their spot at the table and complete each section. Explain that they can either draw or write their responses. As they are doing this, play some music softly in the background and move around the tables assisting the girls with their answers. You can either take a photo of each girl using a polaroid camera and they can stick it on the front of their booklet OR they can draw themselves in the box instead.



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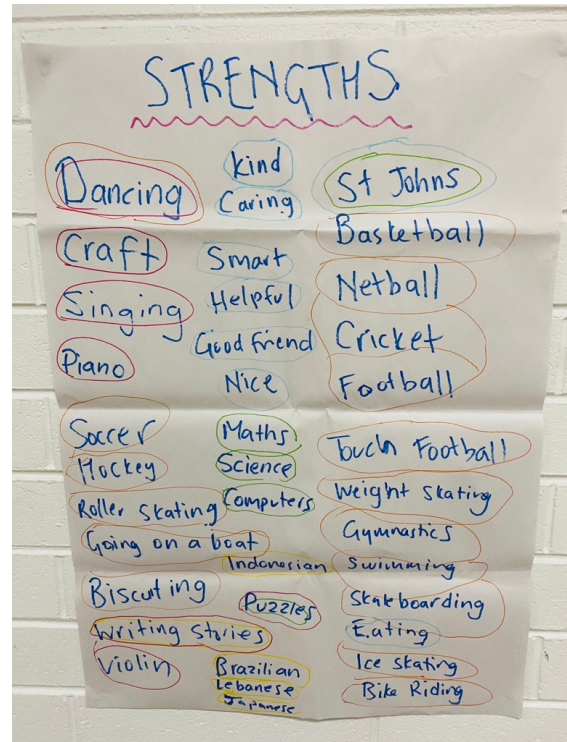
WORKSHOP PLAN

Brainstorm: Strengths (10 mins)

Paraphrase the following...

We are often the happiest when we are doing something we love or something we're good at. You might find that what you love doing and what you are good at are the same thing. Let's now think of some things that you are good at and things that bring you joy. These are our strengths.

Ask the girls what they are good at and write a list on the butchers' paper or a white board. Inevitably, the girls will say things like netball, gymnastics, piano, swimming, drawing etc. After writing some of these 'activity' strengths, encourage them to think about other types of strengths such as caring for animals, cooking, fixing things, making friends etc. Then talk about CHARACTER strengths and how these are just as important (if not MORE important!) than the others - ask for examples such as being kind, caring, generous, organised, funny etc



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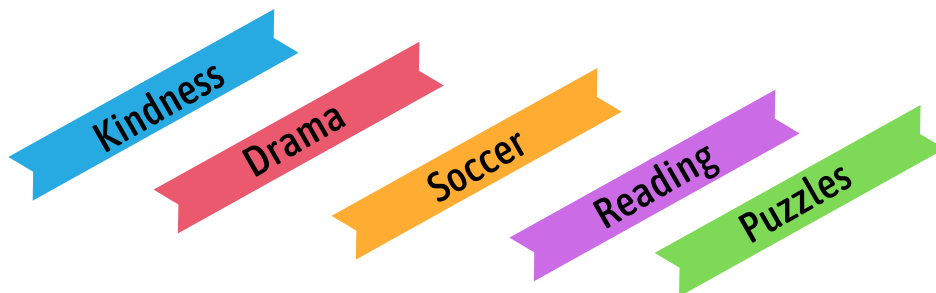
WORKSHOP PLAN

Activity: Strengths Chains (20 mins)

Refer back to the list of brainstormed strengths. Explain that you are now going to group them into different TYPES of strengths, as follows:

- Creative Strengths (red)
- Sports Strengths (orange)
- Language Strengths (yellow)
- Logic Strengths (green)
- Character Strengths (blue)

Use a different colour (as above) to circle each strength on the list. You could get volunteers to help you. Explain to the girls that they will now create their own strength chain. They can select strips of paper, with the colours corresponding to their strengths, then write their strengths on the paper and stick them together to form a chain. They wear their strengths chains as necklaces, hair pieces, bracelets, belt or something else of their choosing!



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WORKSHOP PLAN

Summing Up (5 mins)

At the end of the workshop, take some time to reflect on the content and the activities. Prompt discussion with questions such as:

- How do you FEEL after the workshop?
- What did you ENJOY the most in today's workshop? Why?
- What did the workshop make you THINK about?
- What did you LEARN today?



A Note To Teachers

This lesson is one small part of our full day workshop plan, SHINE. If you complete our Girl Power Instructor Training Course, you will have access to the entire workshop and also learn...

Module 1: Why girls need Girl Power

Module 2: The principles of Positive Psychology

Module 3: How we deliver the SHINE workshop

Module 4: How to structure a successful workshop

Module 5: How to be an engaging and effective teacher

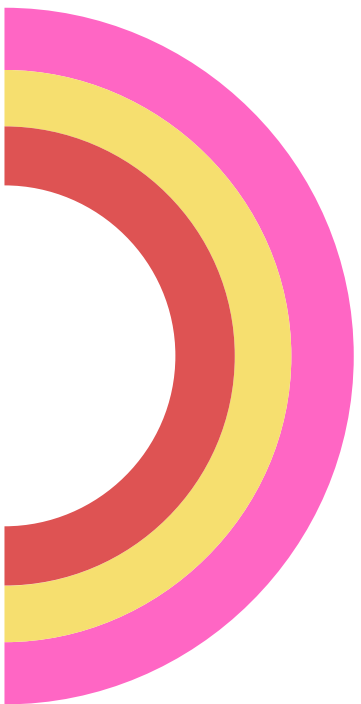
Module 6: Ways to ensure your workshops generate a profit

You will also have access to the entire SHINE workshop plan, 80+ well-being activities and 50+ worksheets. PLUS you will receive support as required and be invited to join our private Facebook group for trainees and instructors. You'll finish the course with the tools and confidence you need to run well-being workshops for girls in your community.

Register for the Instructor Training Course today !

www.girlpowerworkshops.com.au

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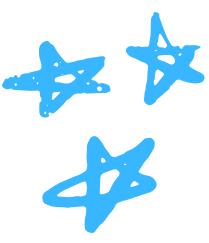
10 Random Facts About Me!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

ALL ABOUT ME

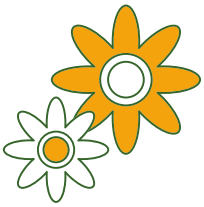
My Name: _____

me

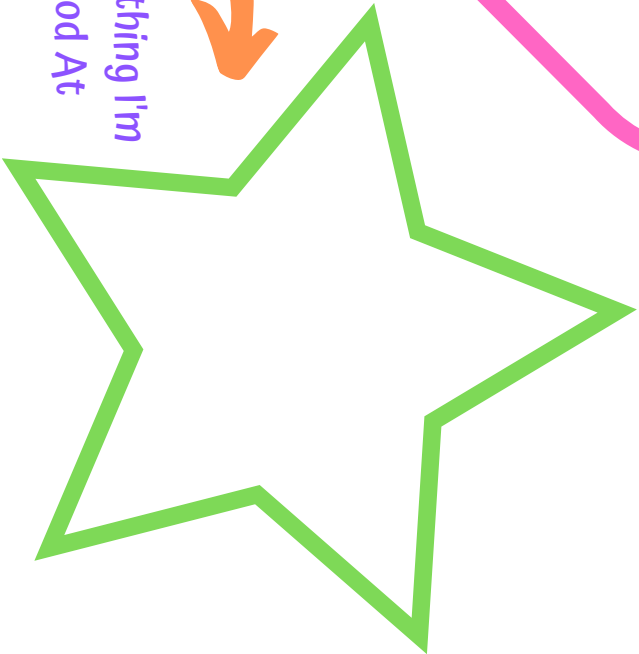




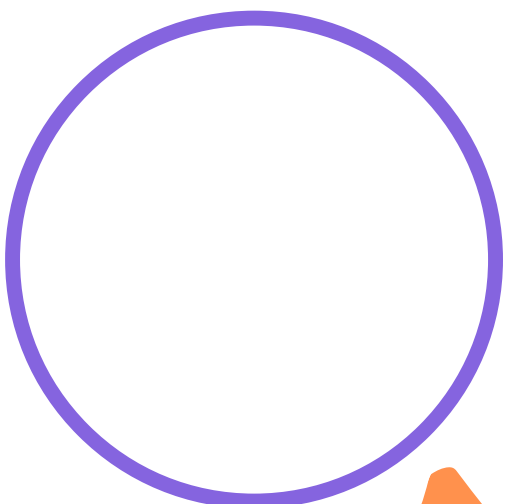
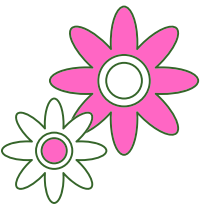
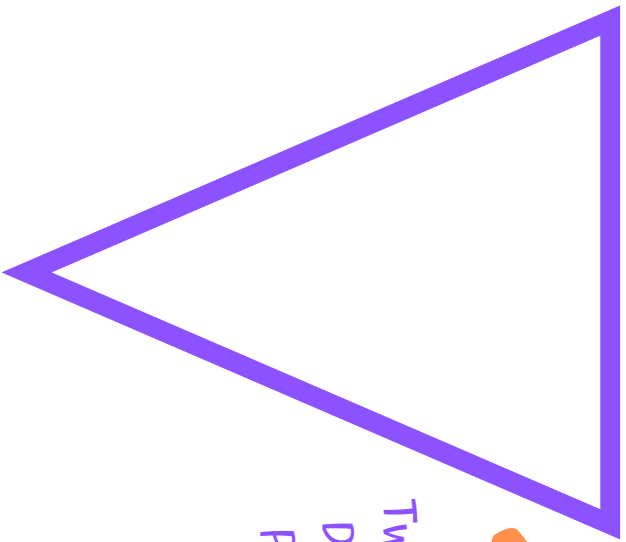
Special People In
My Life



Something I'm
Good At



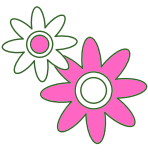
Two Words To
Describe My
Personality



Things I Do For Fun



A Time I Was Brave



A Compliment Someone
Has Given Me

