

LESSON PLANS

Title – Love Yourself	
Lesson plan to be implemented in English class	
Aim	<p>The main goal of this lesson plan is:</p> <ul style="list-style-type: none"> - to encourage students to improve their speaking skills, by answering specific questions; - to know how to use QR scanners and read the hidden contents; - to learn the value of loving themselves, appreciate the positive characteristics, be critical towards the things we want to change; - to become aware that being different is Ok - to be able to express themselves by writing essays.
Students age targeted	10 th grade students / 2 nd year in secondary school / 15-16 years old
Estimated time	60 - 70 minutes
Topics covered	<ul style="list-style-type: none"> ● Values, Appreciation, Inclusion
Facility/ Equipment	<ul style="list-style-type: none"> ● Classroom ● Internet access ● White board ● Mobile phones with QR scanners ● Microsoft Teams application or any similar teaching platform
Tools/ Materials	<ul style="list-style-type: none"> ● Handout 1 - Go and Love Yourself ● Handout 2 - Why each person is worth respect?
Development of activities	<p>Activity 1: Introduction (5-7 minutes) – the teacher introduces the students into the topic of the lesson and encourages them to talk why we are all different</p> <p>Activity 2: Watching a video (25 minutes) – the teachers gives instructions on how the students can use the QR scanners and hands out the papers. Each student watches the video on TEDxTalks and take notes about the things that made best impression on them.</p>



	<p>Activity 3: Discussion (5 – 10 minutes) – students give answers to the questions in the handout and relate them to the content of the video they watched</p> <p>Activity 4: Writing (30 minutes) – the students do the work individually according to the instructions given on the handout 2.</p> <p>Activity 5: Wrap-up (10 minutes) – the students choose whether to write on their phones, tablets or paper and they send the written work on Microsoft Teams/a teaching platform</p> <p>Further homework (if applicable)</p>
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HANDOUT 1: Go and Love Yourself

go and love yourself

Date: _____

5 things I love about myself

1. _____
2. _____
3. _____
4. _____
5. _____

3 things I accomplished this week

Watch the video on TEDxTalks

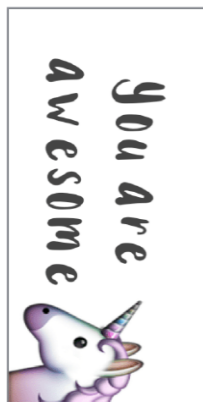


3 things I want to accomplish next week

1. _____
2. _____
3. _____

10 things I'm grateful for this week

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



A compliment to myself

