

LESSON PLANS

Title	
Lesson plan to be implemented in English class	
Aim	The main goal of this lesson plan is to provide an interactive and personal way for children to learn about themselves. Topic: "All about me"
Students age targeted	Fourth grade
Estimated time	45 minutes
Topics covered	<ul style="list-style-type: none"> ● Discovering our inner self ● Embracing our uniqueness in our own way
Facility/ Equipment	<ul style="list-style-type: none"> ● Classroom ● Internet access ● Projector ● White board
Tools/ Materials	<ul style="list-style-type: none"> ● Worksheets, Books, Flashcards ● Stories, Listening tapes
Development of activities	<p>Activity 1: "Share in pairs"(10 minutes) students will pair in a group of two and share their likes, dislikes, talent and struggles in order to see how we all are different yet unique in our own way.</p> <p>Activity 2: "Describe yourself" (7 minutes) students will use nouns and adjectives to tell us about their appearance. In addition they will find similarities in each other, which will help them like their dislikes.</p> <p>Activity 3: "When I grow up..."(3 minutes) students will fill up on the space they would like to take on in their future.</p> <p>Activity 4: "Express and impress"(10 minutes) the teacher will show worksheets on the white interactive board which show different emotions. Students need to describe them and show what type of emotion they feel at the exact moment.</p>



Activity 5: Wrap-up (10 mins) Teachers shows a sympathetic story of character from a movie on the white interactive board to help students when having trouble regulating their emotions and understating that sometimes it's okay not to be okay.

Task: Students should put the correct face expressions on the emotions shown on the board.

Further homework Wake up with a knot in my chest

Tried everything just to get out of bed

It's not working, it not working

Sometimes I can get like this

Cover it up with a smile on my face

But I'm hurting, I'm still hurting

Because it's okay not to be okay

It's okay if you feel the pain

Don't have to wipe your tears away

Tomorrow's another day

It's okay not to be okay

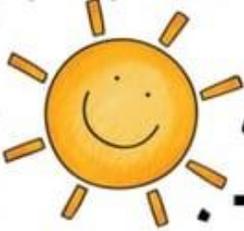
It's fine, you're allowed to break

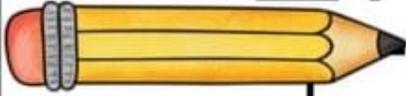
As long as you know, as long as you know

Everything's going to be okay

Students will have to translate these song lyrics in Bulgarian language.

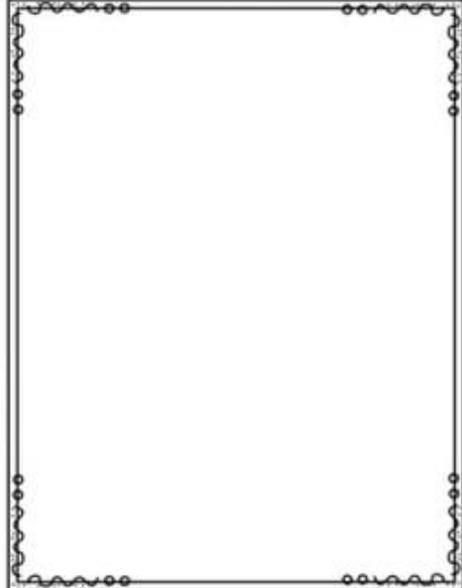
HANDOUT 1: title

 **All About Me**

 **I am _____ years old**

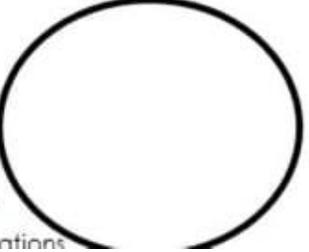
My Birthday is:  _____

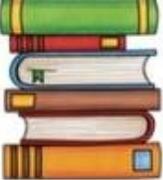
Self Portrait



 **My Favorite**
Color: _____

 Animal: _____

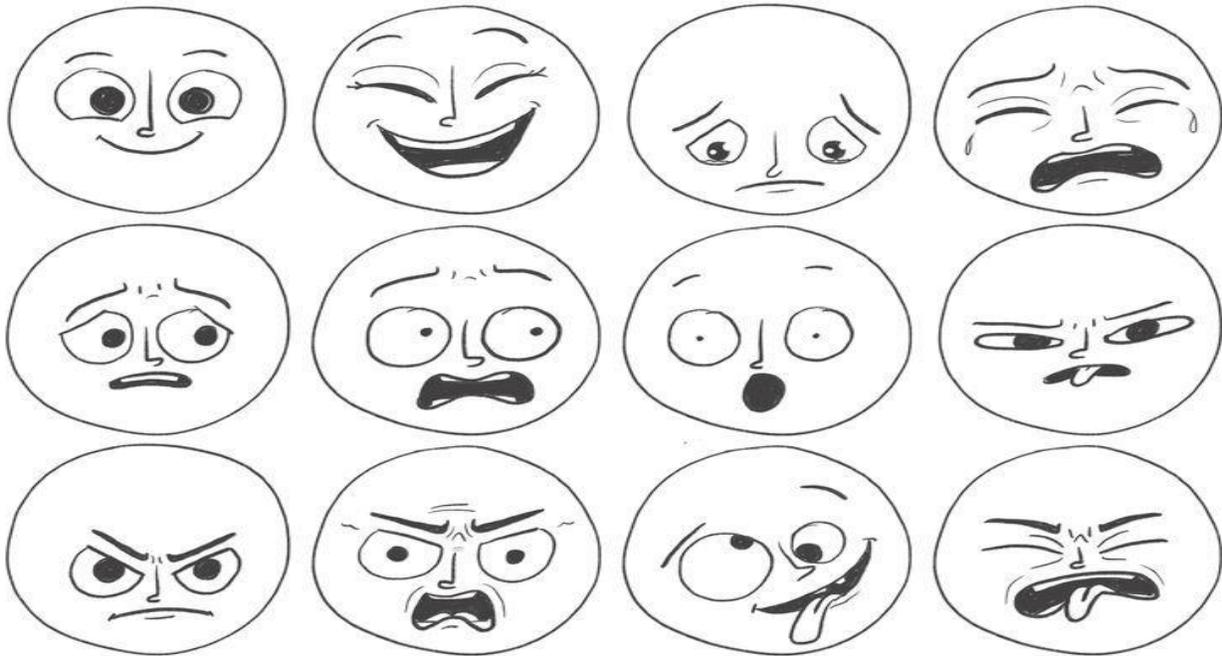
Food:  

Book: 

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HANDOUT 2: title



Winnie the Pooh and Mental Illness

