Lesson Plan

Title: I'm OK, You're OK: Self-Acceptance and Self-Worth

Educational Material

1. Teacher's Lecture

Students' lives can be very intense. Every day, you face numerous challenges, tasks to accomplish, and perhaps pursue your passions and interests. All these activities require self-belief. How you perceive yourself, how you treat yourself, is crucial for happiness.

Question: Have you ever wondered what you think about yourself? How do you treat yourself? Treating yourself as your best friend can be a great support in life, especially when facing difficult situations.

Can you define the word self-acceptance? Maybe you have your own definition of this word?

The teacher supplements the children's statements.

Self-acceptance is perceiving oneself as:

• valuable

• worthy of respect

• having the right to live according to one's own needs (while respecting other people)

• living to feel happy, rather than trying to make others happy at any cost

Your self-acceptance depends on a lot, so today we will think about how we can work on it, how to develop it. It is known that people with high self-worth, with well-developed self-acceptance, more often take on numerous challenges - regardless of the outcome because they know that not only victories positively influence us as human beings.

Look at the infographic that shows the benefits of properly developed self-acceptance!

The teacher discusses the infographic.

As part of self-acceptance:

• I PAY ATTENTION TO SIGNALS COMING FROM MY BODY.

• I AM FREE FROM THE PRESSURE TO BE SOMEONE I DON'T WANT TO BE IN ORDER TO MEET EXPECTATIONS.

• I BELIEVE I HAVE THE ABILITIES TO ACHIEVE MY GOALS.

• I RESPECT MYSELF AND MY BODY.

• I KNOW I HAVE MY FLAWS, WHICH I ACCEPT.

• I AM AWARE AND AGREE THAT STRIVING FOR PERFECTION IS POINTLESS.

As you can see, developing self-acceptance, and consequently improving self-worth, makes us feel happier despite the daily difficulties. We know that we all have both strengths and weaknesses, which we shouldn't be afraid of. Each of us has both.

Now I invite you to do the task. Today it will have a completely different character than previous exercises.

Or maybe you'll invite your friend to do this task with you - it's a perfect opportunity for some fun!

Prepare: various colors of modeling clay or plasticine.

Instruction: Present yourself in the form of a plasticine person. You can use a piece of paper and glue your image onto it or prepare a standing figure. While working, try to include the traits that are important to you, those that you believe define who you are. After completing the exercise, answer the teacher's questions. Take your time to think about your answers. They should be insights that will help you discover your personality and strengthen self-acceptance. There are no wrong answers.

Thank you for completing the art task. I hope you had a great time.

Now let's see what you think after completing the task. Answer the questions:

a. How did you feel while doing the task?

b. Was anything difficult for you, or did something surprise you?

c. What did you particularly want to emphasize in your work? Maybe some personality trait or external appearance?

d. How do you feel when you look at your figure?

e. Did you learn something about yourself through this exercise?

It's never too early to support self-acceptance. At your age, it's worth knowing how to work on it. You've learned from today's lesson that it's something very important in our lives and it affects how we feel. If you feel you need changes in terms of self-acceptance, it's worth using the available tools to work on its improvement. As part of homework and strengthening your self-esteem, I invite you to practice affirmations.

Do you know what the word "affirmation" means?

The teacher supplements the statements: Affirmations are simple, short sentences designed to support us in our daily functioning. They are like the kindest words from the mouth of our most faithful friend or loved one. Something worth repeating regularly to ensure our well-being and motivation to act.

For example: "My body is strong, I can always count on it." Or "I am grateful for everything I have," or "I am a good enough person"... As part of homework, create your own affirmation, which will be your strength-boosting motto, improving your mood. Create a poster with your affirmation using any artistic technique or computer software. I encourage you to hang your work in a visible place in your rooms.