

6

ASPIRATIONS - IDENTIFIED STRENGTHS AND IMPROVEMENTS - I'm good at that



YEAR GROUP:
3/4 KS2



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

- Understand that everyone has different strengths and weaknesses
- HW9 Recognise their strengths and how they can contribute to different groups
- HW14 Identify and talk about their own and other's strengths and weaknesses and how to improve
- HW17 Self-assess, understanding how this will help their future actions



KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I would like to be better at ...*
I would like to have good ...
- Strength
- Something to improve on



WHAT YOU WILL NEED

- Resources Doc for lesson 1
- Flip chart paper and pen or white board and pen
- Thin card
- Star printed (slide 3) and spray-mounted on card if possible
- Scissors
- Pens and colouring pencils
- Bluetac for the wall
- Flipchart paper or white board

WARM UP

5 MINS

- Establish a quiet signal [Toolbox Tutorial Film - Warm ups and quiet signals](#)
- Collaboration - discuss what successful collaboration looks like - listening, working together etc.
- Set up a working wall

WARM UP / EXPLORE

8 MINS

DRAMA - My Favourite thing

Slide 3

Form a circle

- Say "my favourite thing to do is...." with an action to illustrate that thing
- Each child in turn around the circle
- All repeat the action i.e. 'running through the countryside'

my favourite thing is playing the piano

my favourite thing is running through the countryside in the morning

my favourite thing is cuddling my cat

ACTIVITY 1 / EXPLORE

10 MINS

DRAMA - Exploring our Strengths

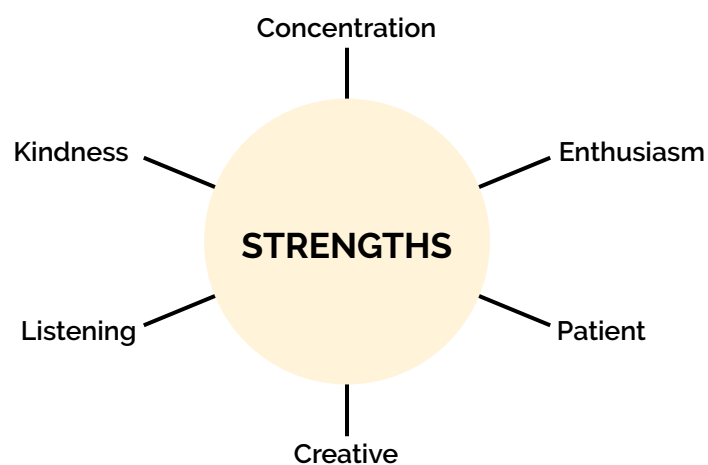
Slides 4 and 5

Flipchart paper

Pens

Stay in your circle

- Extending on the warm-up we are going to think of a strength that enables you to do your favourite thing.
- Keep your favourite thing in your head and now say your strength
 - 'My strength is concentrating'
 - 'My strength is listening'
- Allocate scribes who will make a list of just the strengths on a piece of flip chart paper placed in the centre of the circle



[Toolbox extension - Collect and stick your strengths](#)

ACTIVITY 3 / EXPLORE

15 MINS

DRAMA - I would like to be better at ...

Slide 6 prompts

Split into groups of approx 6

- In your group of 6 look at the list we have come up with and decide on one strength that you as a group would like to be better at:

I would like to be kinder

I would like to be more enthusiastic

I would like to concentrate better

I would like to be more patient

I would like to be more creative

I would like to be a better listener

- Come up with a tableaux that represents the strength that they would like to be better at
As a group form the tableaux and say the sentence in unison e.g. 'I would like to be a better listener'

Toolbox Tutorial - Tableau

- Perform each tableaux group by group

EVALUATE

5 MINS

Group Discussion

Slide 7 prompts

We have identified that we all have strengths and weaknesses, why is it important for us to recognise that?

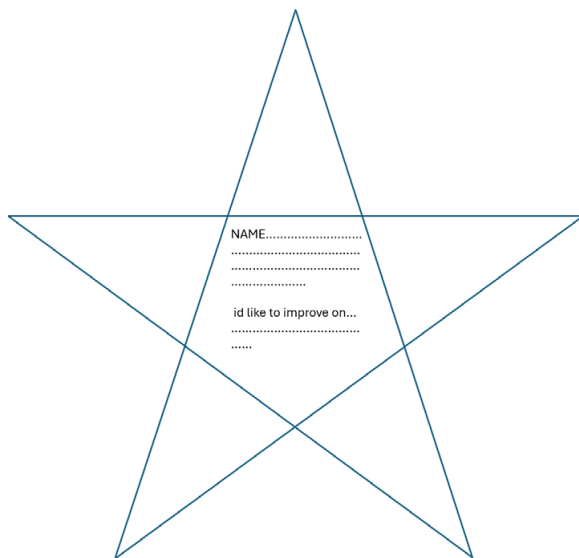
You all had a strength and something you'd like to be better at (a weakness than needs improving)

Questions for discussion:

- ➔ How does it make you feel to identify a strength in yourself?
- ➔ How does it feel to identify something that you feel you could be better at?
- ➔ Is it healthy to have both strengths and weaknesses?
- ➔ Is it good that we all have different complementary strengths and weaknesses? why?

Talk to your neighbour and feedback to the group

You are a Star... made up of your strengths and improvements



(slide 8 and examples slide 9)

- ➔ Hand out star template print out, pens and scissors
- ➔ Write your name in the middle
- ➔ In each of the 5 star triangle points write one of your strengths
- ➔ Design and decorate their stars. Think about shapes, colours or motifs that represent your strengths
- ➔ Put 1 thing you'd like to improve in the middle under the name so it is recorded and can be referenced later

Constellation of strengths (slide 10 examples)

- ➔ Cut out your stars
- ➔ On a central table or the floor start to put the stars together - find others who have matching or complementary strengths to make up a pattern of connected stars
- ➔ Do in groups to start with and encourage discussion (non personal) and then join the smaller clusters of stars together
- ➔ Photograph this on the floor
- ➔ (this can be done later) Transfer this to a wall for display. Join the points and put up on the wall with blue tacpoints joined where strengths match or compliment

