

Confidence and Self Esteem



(key stage 2)

S V Bell (BA Hons.) FREED Beeches School Project 2021



Respect Rules

- Put your hand up when you speak.
- Listen to each other.
- Take turns to talk (*we can give you a number to help*)
- Be nice to each other.
- Use a white board/your paper.
- Keep your area clean.
- Respect safe distance and space.



What are we going to talk about in this time?

- Hobbies (interests/things you enjoy)
 - How to keep our bodies active
 - Look at pictures
 - Friendship trust
- 



How will we do this?

- ▶ Group activities
- ▶ Post it notes/white boards.
- ▶ A film clip to watch.
- ▶ Words and pictures to match up.



Activities

- ▶ Why do you think activities helps to keep our bodies active?

Hands up!

- ▶ Why is fresh air and outdoors good for us?

Hands up!

- ▶ Which activities can you do outdoors if you are not a very sporty type?

Hands up!



Activities

- ▶ **Activities help to keep our bodies healthy.** We learn how our bodies can move. Dancing, bike riding, skate boarding, swimming and other sports are all good fun.
- ▶ **Fresh air and outdoors good for us,** we can feel healthy and alive when we are surrounded by nature, listen to the birds, and notice the seasons changing.
- ▶ **Activities do not have to be fast and sporty;** walks, swimming and fun time yoga are all good exercise.
- ▶ Sitting outdoors, maybe on a blanket under a tree with a book or playing music are safe ways to enjoy the outdoors with the social distance rules.

On post it notes/white boards write down what you do to keep active






Hobbies

(In your groups write on white board/paper)

Each take a turn to say your favourite thing
that

1. makes you feel good about yourself.
2. you enjoy.
3. keeps your body active.



What do you like about your close friends?

Do you agree with these?

I Feel that I can talk to them.

I Look forward to meeting up with them.

I Smile when I think about time spent together.

They understand when I'm feeling sad.

They know I am there for them if they need me.

We like the same afterschool clubs.

We dance to the same music.

We know the words to the same songs.

S V Bell (BA Hons.) FREED Beeches School Project 2019

Words and Pictures

In your groups look at the magazine pictures in front of you in and match the words to them:



fake

Kind



happy



Sad

lonely



clever





Watch the Disney clips

Do you think this shows how girls and boys should be?

Fairy tale images are not real, and we need to remember.

<https://www.bing.com/videos/search?q=you+tube+disney+clip+brave&view=detail&mid=A24629FA75AC5EB92F5BA24629FA75AC5EB92F5B&FORM=VIRE>

<https://www.bing.com/videos/search?q=frozen+you+tube+clip&view=detail&mid=2389E0AED6FB374A71182389E0AED6FB374A7118&FORM=VIRE>
<https://www.youtube.com/watch?v=ooJJX3R42WM>

<https://www.bing.com/search?q=moana+trailer&form=EDGEAR&qs=PF&cvid=c3559612b2aa4497b30d8d1caa0c847c&cc=GB&setlang=en-US&elv=AXK1c4lvZoNqPoPnS%21QRLOPJ9wxjy4erbLHLrHosdREQfowv o6FzMoCTTergaDXTIGVTWXv1W12WjNI31SgV9Wlca%21JEyzn3PxVm0HMIglUq>



Camera activity

- ▶ https://www.bing.com/videos/search?q=daily+motion+true+colours+dove&&view=detail&mid=93ACD135B1BF96915D9F93ACD135B1BF96915D9F&rvsmid=43A5A2B03054AC606B4943A5A2B03054AC606B49&FORM=VDQ_VAP
- ▶ Selfies can be fun.
- ▶ Let your smile shine through.
- ▶ Pull a funny face.
- ▶ Learn to love being the only you!



Quick quiz time

1. What is **positive** body confidence?

- (a) Feeling good about yourself
- (b) feeling bad about yourself
- (c) Having lots of trendy clothes and the latest phone

2. What can cause **low** confidence?

- (a) Being called names
- (b) A grown up saying you have done well
- (c) Being invited to a birthday party

Summary (true colours clip/useful link)

- ▶ **Hobbies** We can enjoy our hobbies to help us feel better when we are sad.
- ▶ **How to keep our bodies active**
- ▶ **Films and stories can make us think we have to look a certain way:** choose different films that show boys and girls being sad or tough, it depends on a situation NOT if you are a girl or a boy.
- ▶ **Friendship trusts** the way we use words can be kind or hurtful.

▶ <https://www.bing.com/videos/search?q=daily+motion+true+colours+do+ve&view=detail&mid=43A5A2B03054AC606B4943A5A2B03054AC606B49&FORM=VIRE>

- ▶ <https://www.healthforkids.co.uk/>