

Module 4: I am ready!		Level: MLD/SEMH
Unit 4B: Different skills to help me achieve		Preparation for Adulthood: Employment
Lesson 4B2: Feeling good about myself at work		
Objectives		Learning Outcomes
<p>To understand the importance of building confidence and self-esteem and identify strategies to enhance them.</p> <p>To understand the significance of feeling positive about oneself.</p>		<p>Students will:</p> <p>Identify activities and behaviours that can help boost their confidence and self-esteem.</p> <p>Express ways to feel happier and more comfortable with who they are, demonstrating an increased sense of self-worth.</p>
Activities	Resources	Assessment/Evidence
<p>Introduction: Explain the activities for the lesson and start with a discussion about how students can feel good about themselves.</p> <p>Confidence Collage: Discuss what confidence and self-esteem mean, and ask students to think about activities, people or things that make them feel confident or proud of themselves. Provide students with materials needed to create their collages. Ask students to cut out images or words that represent things that make them feel confident/positive about themselves. Have students arrange and glue the images/words onto a piece of paper and encourage them to decorate and write how they make them feel. Invite students to share a few images from their collages and discuss ways they can use them to boost their confidence and self-esteem in their daily lives.</p> <p>Self-Esteem Jar: Discuss why it is important to feel happy and positive about yourself. Explain that everyone has special qualities that make them unique and valuable and why it is important to recognise them. Provide students with jars/containers and coloured paper slips. Ask them to write down things they like about themselves, what they are proud of or positive experiences they have had. Encourage them to add a minimum of five slips to the jar and allow them to decorate the jars with stickers/labels to make them personal. Ask students to add two positive things they like about another student and add them to the student's jar. Allow students to take the jars home where they can easily access them. Whenever they are feeling down or need a boost, they can read a slip of paper and remind themselves of their strengths and positive qualities.</p> <p>Plenary: Start with a reflection on the lesson activities and what students found interesting and helpful when creating their collages and jars. Ask students why it is important to know their strengths and how they can remind themselves of them. Reinforce the idea that knowing your strengths and qualities is key to having good confidence and self-esteem.</p>	<p>Provided:</p> <ul style="list-style-type: none"> • Jobs I Can Do cards • When I am at Work cards • The Good Things About Work cards <p>Materials Needed:</p> <ul style="list-style-type: none"> • Magazines/printed images • Scissors • Glue sticks • Paper • Pens/pencils • Small jars/containers • Coloured paper • Stickers/labels 	<p>Suggested mediums:</p> <p>Evidence sheets: Take photos/videos of the students working together and acting out their scenarios.</p> <p>Visual records: Class poster and video/photos of the guest speaker and role-play scenarios.</p> <p>Observation notes: Take notes whilst the students are role-playing their scenarios.</p> <p>Direct questions: Keep asking different questions throughout the lesson with prompts and pauses.</p> <p>Prompting Recall: Knowledge through minimal verbal instructions.</p> <p>Student planner: Lesson marked as introduced and dated.</p>
<p>Teacher Guidance Notes: This lesson aims to help students explore what their strengths and qualities are and how recognising these boosts their overall self-worth. Ensure each activity is tailored to the student's needs. This lesson uses hands-on activities to engage learning. Provide encouragement and support when needed and foster a supportive environment where students feel comfortable participating and expressing their interests.</p>		