



Learning Intention: to be able to see good qualities in myself and others

Context: Self Esteem – Knowing I am valuable

Key Words: arrogance, beautiful, boring, confident, encourage, encouragement, flock of birds, grandest, melodious, scornfully, solitary,
(Explain the meaning of the words to the children)

QUOTATION/THEME FOR THE WEEK

KNOW THAT YOU ARE LIKABLE, THEN OTHERS WILL LIKE YOU TOO

Discuss what this means.

SILENT SITTING

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: (Play some music)

As you listen to the music, imagine in front of you is a beautiful park ...

See the trees and hedges...

The sun is shining. Feel its warmth on your skin.

Feel the gentle warm breeze against your face ...

If you feel like it, you can take a stroll along a lovely path ...

It is very beautiful and you feel happy and contented ...

Look at the bright flowers lining the path ...

Everything around you is beautiful...

Look at yourself - inside you are beautiful too, even if sometimes you could do better

You are lovable and beautiful and so are the others around you ...

Seeing all this, you feel relaxed and happy.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

ALTERNATIVE EXERCISE

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: Think, I am very valuable the way I am.
If I keep trying, I will succeed in what I want to do.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.
How do you feel?

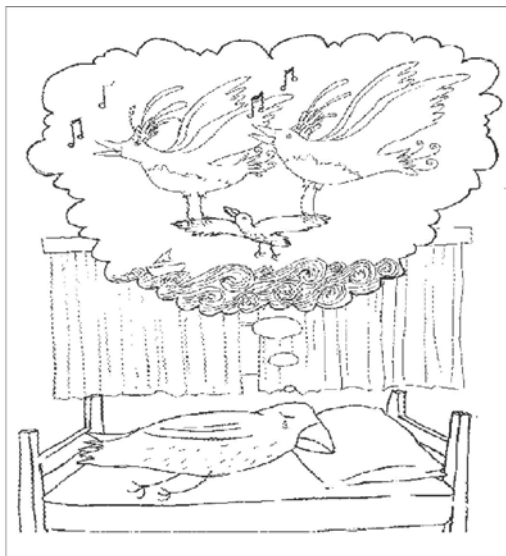
STORY TELLING

THE SOLITARY SONG

by John Vesty

Once there lived a flock of birds on a beautiful island. They sang songs all day long - all except one bird who had different feathers from the rest and who only sang a single note. He tried to sing like them but the other birds laughed at him and would not allow him to share in anything they did, so he soon gave up.

“Why can’t you sing like us. Your note is boring,” they said.



The poor bird cried himself to sleep. Then that night a wonderful thing happened! Or was it a dream? Two beautiful birds with many coloured feathers came and held him by his wings and took him far away over the sea to a strange island where all the birds sang the most melodious songs he had ever heard and were all happy.

“Why have you brought me here?” asked the unhappy bird.

“To teach you,” said the largest and grandest bird who he later learnt was the king.

“Teach me what?” he asked.

“To be like yourself, of course. But now you must get some rest after your journey.”

The unhappy bird was given a beautiful nest to sleep in for the night and when all was still, he began to think about what the grand bird had told him.

In the morning he was taught to sing. His teacher encouraged him and he tried and tried until he could sing one note.

The next day after much practice, he learnt a second note. And after the third day he could sing three notes. When a month of hard practice and listening had passed, he could sing the most beautiful song just like all the other wonderful birds on the island.

The king bird came to listen to him. “You have worked hard,” said the king bird. “Your song is as melodious as the other birds here. It is now time for your return.”

At the words of praise from the king, the little bird’s heart filled with confidence and happiness. He was taken back over the sea and left in the land where he had grown up.

Later the other birds asked him where he had been and what he had been doing. When he told them, they laughed scornfully at him, saying no-one would want to teach *him* anything.

But now the little bird felt confident and happy. He flew to a branch of a high tree. Gently he sang the one song he had learnt, over and over again. Gradually all the birds stopped singing their many tunes and listened. Try as they might, they could not sing that special song and they became sorry for their arrogance and asked the little bird to teach it to them.

The little bird happily agreed and for many days patiently taught them as he had been taught. They practised hard, until finally all the birds could sing harmoniously together.

And they all felt happy!

QUESTIONS:

1. How did you feel listening to the story?
2. Did it remind you of anything in your own life?
3. Why was the little bird sad?
4. What did the king bird teach him?
5. How did the other birds react when the little bird came back?
6. Why did they change their opinion about the little bird?
7. What do you like most about yourself?

GROUP SINGING

I AM THE WAY I AM

(by Lorraine Burrows)

I am the way I am
And I’m very happy with that.
I may be short or I may be tall.
I may be thin or fat.
But I am the way I am
And I’m very happy with that.

(This song is more fun when accompanied by actions)

GROUP ACTIVITY

Give the children paper with a blank body outline, or ask them to draw a T-shirt. Write on it the things you like most about yourself.

Thread the papers together and hang them up in class, or display on the wall.

Extension Exercise / Links to Other Subjects:

Literacy Hour: Invite the children to write a letter to their parents, starting:

Dear ,

I wanted to share something very special with you.

Through your encouragement I have learnt to love myself because I am

(the children list their positive qualities)

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, *“There are good things in me, and good things in you. I like me, and I like you too.”*