



Subject Area: Art and Self-Awareness
Unit Title: Introduction to Self Image
Grade Level: 3-5
Lesson Number: 1 of 5

Duration: 30 minutes
Date: [Insert Date]
Teacher: [Insert Teacher Name]
Room: [Insert Room Number]

General Objective

The general objective of this lesson is to introduce students to the concept of self-image and help them develop a positive self-image through reflective drawing.

Specific Objectives

Cognitive: Students will be able to describe their physical appearance and express their feelings about themselves using descriptive vocabulary and adjectives.

Affective: Students will be able to recognize and identify their strengths and weaknesses, and express their feelings about themselves using "I" statements and emotive language.

Psychomotor: Students will be able to demonstrate self-awareness through drawing and sharing their artwork, using a variety of colors, shapes, and symbols to represent their thoughts and feelings.



Introduction to Self Image through Reflective Drawing

Lesson Plan

Engage (5 minutes)

Introduce the concept of self-image and ask students to share what they think it means.
Write their responses on the board and address any misconceptions.
Show students a mirror and ask them to describe their physical appearance without looking in the mirror.
Ask students to share their descriptions with a partner or the class.

Explore (10 minutes)

Provide students with paper and drawing materials and ask them to draw a picture of themselves.
Encourage students to include symbols or images that represent their strengths and weaknesses.
As students draw, circulate around the room and ask open-ended questions to prompt their thinking, such as "What do you like about yourself?" or "What makes you special?"



Explain (5 minutes)

Gather the students together and ask them to share their drawings with the class.
Encourage students to explain their drawings and the symbols or images they used to represent their strengths and weaknesses.
Write down key vocabulary words and phrases on the board, such as "self-image," "strengths," and "weaknesses."

Elaborate (5 minutes)

Provide students with a handout that lists different emotions and ask them to identify how they are feeling today.
Ask students to draw a picture that represents their current emotional state.
Encourage students to share their drawings with a partner or the class and discuss how their emotions relate to their self-image.



Introduction to Self Image through Reflective Drawing

Lesson Plan

Evaluate (5 minutes)

Distribute a self-reflection worksheet that asks students to reflect on what they learned about themselves during the lesson.

Ask students to write down one thing they learned about themselves and one thing they would like to improve about themselves.

Collect the worksheets and review them to assess student understanding and provide feedback.

Assessment

The assessment for this lesson will be based on student participation, their drawings, and their self-reflection worksheets.

The teacher will also observe student behavior and engagement during the lesson to assess their understanding of the concept of self-image.



Materials

Paper
Drawing materials (crayons, markers, colored pencils)
Mirrors
Whiteboard and markers
Handout with emotions list
Self-reflection worksheet

Extension

For students who need extra support, provide additional time to complete the drawing activity or offer one-on-one support.
For students who need a challenge, provide additional prompts or ask them to create a self-image collage using magazine cutouts.



Introduction to Self Image through Reflective Drawing

Lesson Plan

Interactive Fun Activities

"Self-Image Charades": Divide the class into two teams and have them act out different emotions or strengths/weaknesses without speaking.

"Self-Image Scavenger Hunt": Create a list of items that represent different strengths or weaknesses (e.g. a picture of a book for "love of reading") and have students find them around the classroom or school.



Introduction to Self Image through Reflective Drawing

Lesson Plan

Conclusion

In conclusion, this lesson plan introduces students to the concept of self-image and helps them develop a positive self-image through reflective drawing. By aligning with the 3 domains of teaching, this lesson provides a comprehensive learning experience that promotes cognitive, affective, and psychomotor development.

Reflection Questions

How did students respond to the reflective drawing activity, and what did their artwork reveal about their self-image and emotional awareness?

What strategies can be used to support students who struggled with describing their physical appearance or expressing their feelings about themselves?

How can the lesson be adapted or modified to meet the diverse needs of students, including those with special needs or English language learners?

