



Introduction (5 minutes)

Introduce the concept of positive self-image and affirmations. Ask students to share something they like about themselves or something they are proud of.

Engage (5 minutes)

Provide students with a set of affirmation cards and ask them to sort them into categories (e.g. positive self-talk, self-acceptance, etc.).

Group Task:

Have students work in pairs to match affirmations with corresponding pictures or words.

Affirmation	Picture/Word

Explore (10 minutes)

Have students brainstorm and write down their own affirmations. Provide students with a self-reflection worksheet to guide them in thinking about their strengths and weaknesses.

Explain (5 minutes)

Discuss the importance of self-acceptance and growth mindset. Provide examples of how affirmations can be used to cultivate a positive self-image.

Individual Reflection:

1. What is one thing you learned about affirmations today?

2. How can you apply affirmations to your daily life?

Elaborate (5 minutes)

Have students create a personal affirmation poster using markers, colored pencils, and construction paper. Encourage students to include pictures or symbols that represent their affirmations.

Group Task:

Ask students to share their posters with the class and explain the affirmations they have chosen.

[Space for creative work]

Evaluation (5 minutes)

Have students reflect on what they have learned about positive affirmations and self-image. Ask students to write down one thing they learned and one thing they would like to work on.

Assessment

Observe student participation during activities. Review student affirmations and self-reflections for understanding. Evaluate student posters for creativity and understanding of affirmations.

Assessment Rubric:

1. Participation and engagement (20 points)
2. Affirmation poster (30 points)
3. Self-reflection and written assignment (30 points)
4. Class presentation (20 points)

Extension

Have students create a video or audio recording of their affirmations. Ask students to create a self-image collage or mural. Invite a guest speaker to talk to the class about positive self-image and affirmations.

Interactive Fun Activities

Affirmation Charades: Have students act out their affirmations for the class to guess. Affirmation Scavenger Hunt: Hide affirmations around the classroom and have students find them. Affirmation Bingo: Create bingo cards with affirmations and have students play a game of bingo.

Group Task:

Have students work in groups to complete one of the interactive fun activities.

[Space for activity]

