

Introduction (5 minutes)

Introduce the concept of self-image and ask students to share what they know about the topic.

General Objective

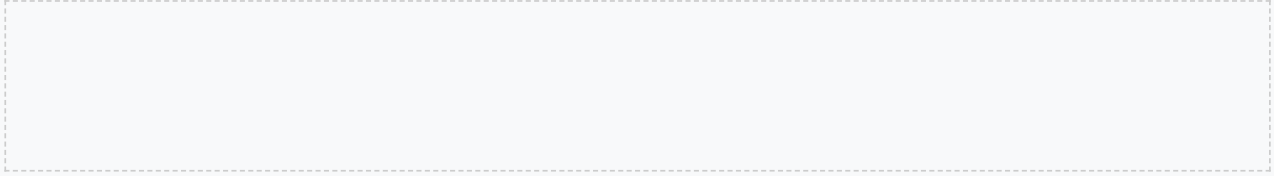
Students will be able to describe their physical appearance and express their feelings about themselves cognitively, recognize and identify their strengths and weaknesses affectively, and demonstrate self-awareness through drawing and sharing their artwork psychomotorically.

Specific Objectives

1. **Cognitive:** Students will be able to describe their physical appearance, including their facial features, body shape, and hair, using descriptive vocabulary and adjectives.
2. **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.
3. **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.

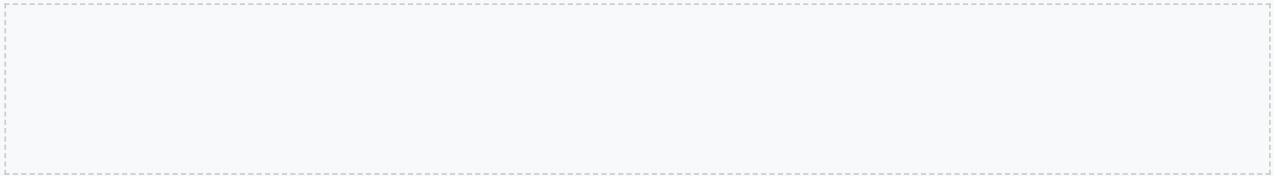
Engage (5 minutes)

Show students a mirror and ask them to describe their physical appearance without looking in the mirror.



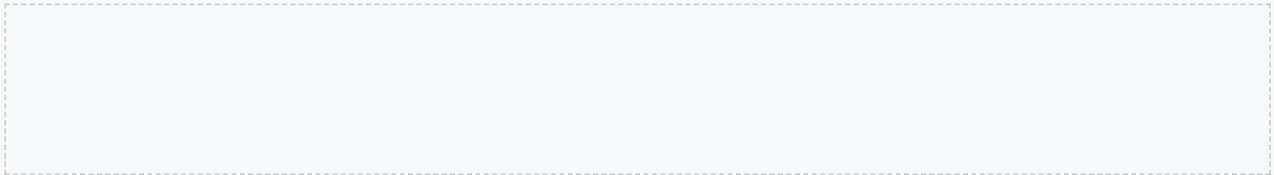
Explore (10 minutes)

Provide students with paper and pencils and ask them to draw a self-portrait. Encourage students to include symbols or images that represent their strengths and weaknesses.



Explain (5 minutes)

Discuss the concept of self-image and how it relates to physical appearance and emotional awareness. Introduce vocabulary words such as "self-image," "strengths," and "weaknesses."



Elaborate (5 minutes)

Ask students to share their self-portraits with a partner or in a small group. Encourage students to provide positive feedback and support to each other.

Evaluate (5 minutes)

Ask students to reflect on what they learned about themselves during the lesson. Provide students with a self-reflection worksheet to complete.

Activities

1. **Self-Image Collage:** Create a collage that represents your self-image. Include pictures, words, or symbols that describe your physical appearance and personality.
2. **Strengths and Weaknesses Chart:** Create a chart that lists your strengths and weaknesses. Use "I" statements to describe each item.
3. **Reflective Drawing:** Draw a picture that represents your self-image. Use colors, shapes, and symbols to express your thoughts and feelings.

Assessment

Observe student participation during the activities. Review student self-portraits and self-reflection worksheets for understanding. Use a rubric to assess student drawings and charts.

Extension

Create a classroom display of student self-portraits and self-reflection worksheets. Invite a guest speaker to talk to the class about positive body image. Have students create a self-image journal to reflect on their thoughts and feelings over time.

Interactive Fun Activities

1. **Self-Image Scavenger Hunt:** Create a scavenger hunt that requires students to find and identify positive qualities in themselves and others.
2. **Self-Awareness Charades:** Divide the class into two teams and have them act out self-awareness scenarios, such as "I am feeling happy and confident."
3. **Reflective Drawing Share:** Have students share their reflective drawings with a partner or in a small group and provide positive feedback and support.

