



## Introduction to Self-Image (5 minutes)

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*What is self-image? How does self-image affect our relationships with others?*

## Objectives

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- *Cognitive: Students will be able to identify and explain how their self-image affects their relationships with others.*
- *Affective: Students will recognize and demonstrate empathy towards others' feelings and perspectives.*
- *Psychomotor: Students will practice active listening and effective communication skills through mirroring and role-playing.*
- *General Objective: Students will understand the concept of self-image and its impact on relationships, and will be able to apply this understanding to their daily interactions.*

## Mirroring Activity (10 minutes)

*Students will pair up and mimic each other's movements to develop empathy and understanding of nonverbal communication.*

### Group Task:

Draw a picture of yourself and a friend mirroring each other's movements.

[Space for drawing]

What did you learn about nonverbal communication from this activity?

## Role-Playing Activity (10 minutes)

*Students will act out social scenarios to practice active listening and effective communication skills.*

### Group Task:

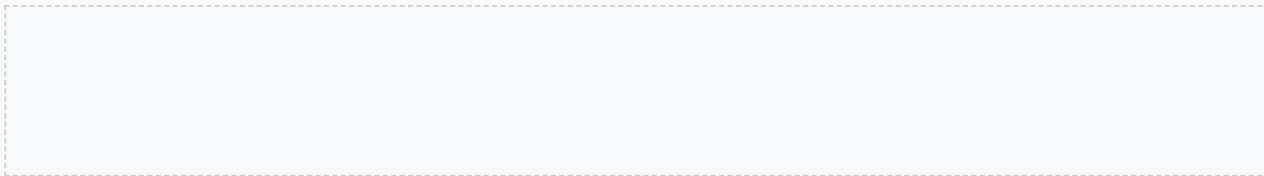
Act out a social scenario with a partner.

[Space for role-playing notes]

What did you learn about active listening and effective communication from this activity?

## Self-Image Collage (10 minutes)

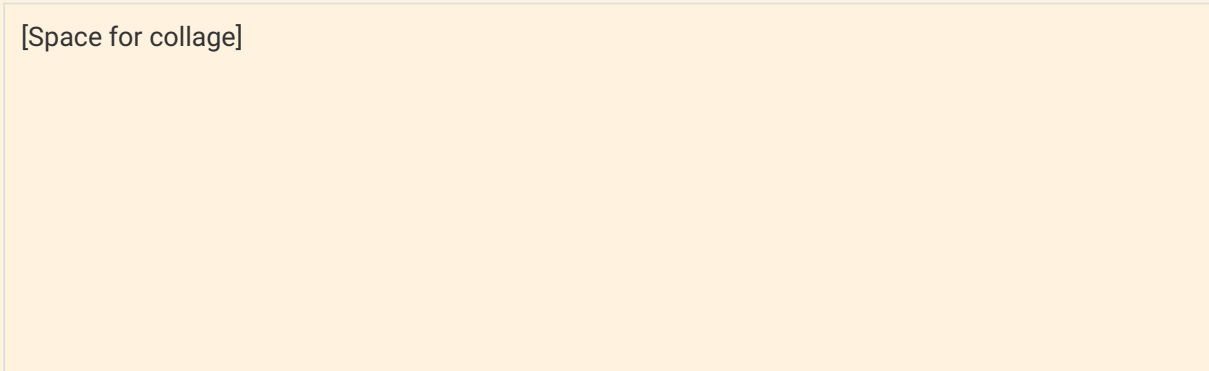
*Students will create a collage that represents their self-image, including pictures, words, or symbols that reflect their interests, strengths, and unique qualities.*



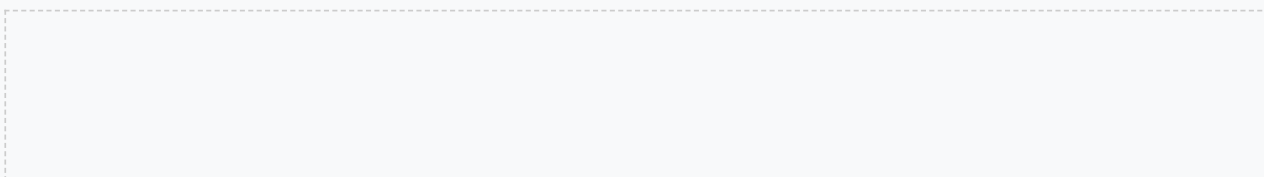
### Group Task:

Create a collage that represents your self-image.

[Space for collage]



What pictures, words, or symbols did you use to represent your interests, strengths, and unique qualities?



## Reflection and Discussion (10 minutes)

*What did you learn about self-image and empathy from this lesson? How can you apply this understanding to your daily interactions?*

### Individual Reflection:

1. What was the most surprising thing you learned today?

2. How will this learning change your actions in the future?

3. What questions do you still have about self-image and empathy?

## Conclusion

*In conclusion, this lesson provides a comprehensive and engaging approach to helping 7-year-old students develop a deeper understanding of their self-image and its impact on relationships.*

### Group Task:

What did you learn from this lesson? How can you use this knowledge to build positive relationships with others?

[Space for conclusion notes]

## Assessment

*Observation of student participation during activities, review of student self-image collages, and class discussion and reflection on the importance of self-image and empathy in relationships.*

## Extension

*Create a self-image mural as a class, write a story or poem about a time when they showed empathy towards someone, or role-play different social scenarios to practice active listening and effective communication skills.*

## Safety Considerations

*Ensure students have enough space to move around during activities, encourage students to respect each other's personal space and boundaries, and establish clear guidelines and expectations for behavior during activities.*

## Reflection Questions

- 1. Were the activities effective in engaging students and promoting their understanding of self-image and empathy?*
- 2. Were the objectives that align with the 3 domains of teaching (cognitive, affective, and psychomotor) successfully met?*
- 3. What adjustments could be made to increase student participation and interest in future lessons?*



## Next Steps

*Lesson Title: Exploring Emotions and Empathy, Lesson Title: Effective Communication Skills, Lesson Title: Building Positive Relationships*

## Conclusion

*In conclusion, this lesson provides a comprehensive and engaging approach to helping 7-year-old students develop a deeper understanding of their self-image and its impact on relationships.*

