

Time	Content	Teaching Strategies	Organisation	Equipment	Registration
30 mins	<p>Leader to recap, reinforce the group now has a better idea of who they are by looking at the facts about ourselves, our personalities and our physical characteristics. These are the things that help make up who you are on the inside and outside.</p> <p>Most of all it is important to like yourself, this may mean that you aren't happy with everything about yourself but that you accept yourself and love who you are.</p> <p><b>6) Things I can do</b>  i) Leader to explain that the group will now listen to some different types of music. When each piece of music is played participants should move their bodies to the music.</p> <p>It is important to remember that how you do something does not need to be in the same way as how someone else does it.</p> <p>Leader to explain that the things you can do are another part of your self esteem. The things you can do make you feel good about yourself. You can do things with your body, on your own and with your family and friends.</p> <p>Leader to give an example of something they are good at and ask participants to give examples of things they can do.</p> <p>Leader to explain that everyone also has things that they cannot do or find it hard to do. It is important to try to learn to do new things and to try to get better at doing things you find difficult.</p>	<p><b>6)</b>  i) Leader to encourage participants to move freely around the room.</p> <p>Leader to reinforce that the members of the group may move differently. This is OK as everyone expresses themselves differently.</p> <p>Reinforce that all people find things difficult. The leader may choose to give examples of things they have or do find difficult and have worked to overcome.</p>	<p><b>6)</b>  i) Moving around the room.</p>	<p><b>6)</b>  i) CD player and music as per resource p.42</p>	