Lesson 5: Belief 4 - I can act 'as if'

SPHE Strand: *Myself*

Strand Units: Self-identity (Self-awareness / Developing self-confidence) / Growing and changing (Feeling and emotions) / Making decisions

The child should be enabled to:

- *recognise and appreciate that each person is a unique individual and that this individuality is expressed in many different ways*
- *enhance skills to improve learning*
- *identify and learn about healthy ways to help himself/herself feel positive about himself/herself*
- *discuss and practise a simple decision-making strategy*

Objectives

1. To help children understand the link between their physiology and their emotions.
2. To show the children how they can create particular emotion states by the way they act.
3. To introduce children to evidence supporting this principle.
4. To help children create a range of desired positive emotional states through the act 'as if' principle.

Development

- Show and discuss PowerPoint slides.
- Discuss and complete one or both of the activities in the children's book.
- Discuss and set the homework page.

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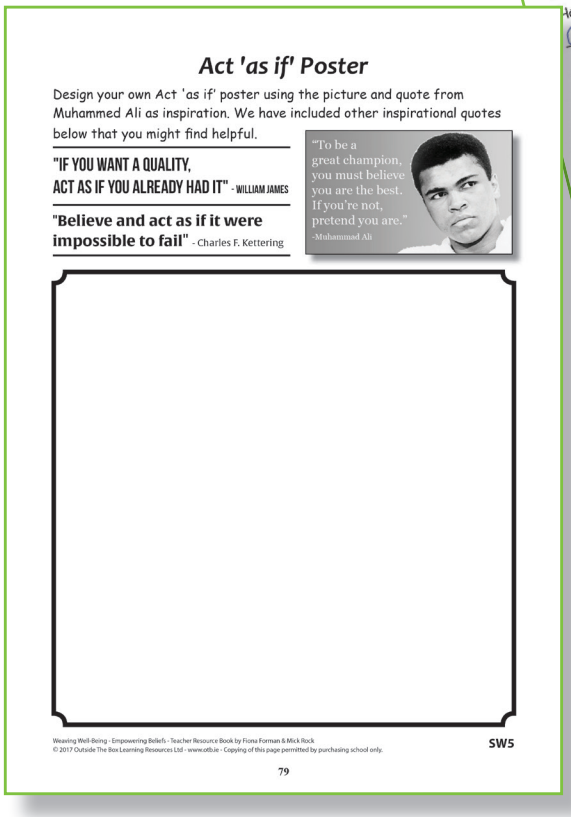
Cross-curricular Links / Supplementary Activities

- **Art :** Supplementary Worksheet - SW5 (page 78). Design your own ***Act 'as if'*** poster using the picture and quote from Muhammed Ali as inspiration.
- **English:** Read this quote and identify what the person is acting 'as if' - "It's better to be a lion for a day than a sheep all your life." Write your own quote to identify one of the following: confidence, bravery, strength.
- **English:** Debate - discuss the quote "It's better to be a lion for a day than a sheep all your life."

Additional movies available on the ***Weaving Well-Being*** channel: www.otb.ie/wwb-channels

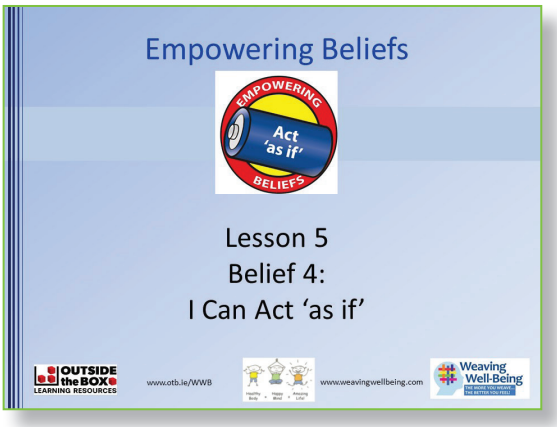
Samples of children's work from their Pupil Book

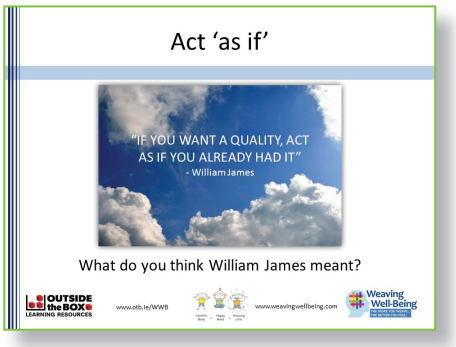


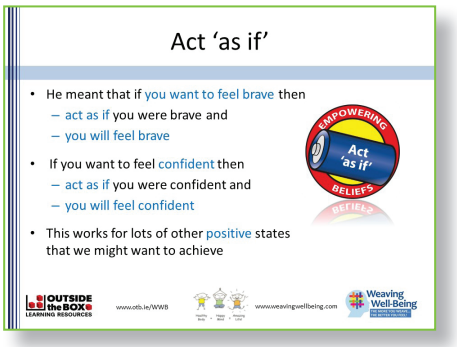
Supplementary Worksheet SW5

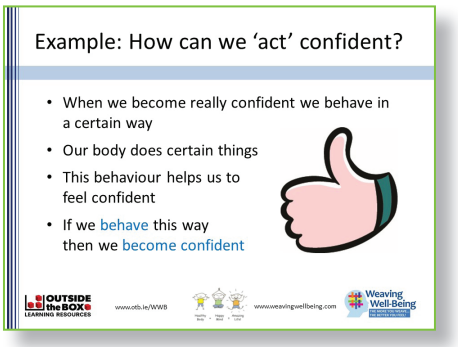
Lesson 5: PowerPoint Slides
Belief 4 - I can act 'as if'

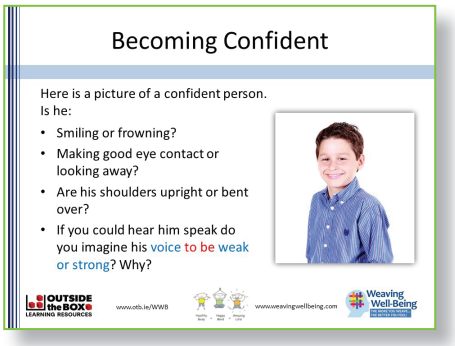
Lesson 5 PowerPoint is available digitally on the DVD accompanying this book.

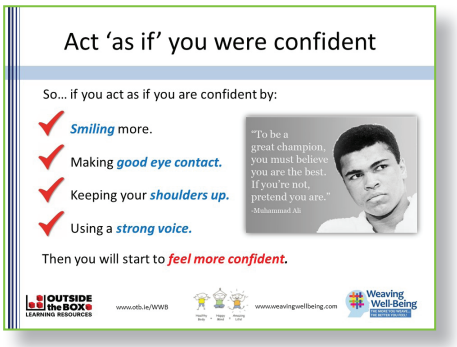


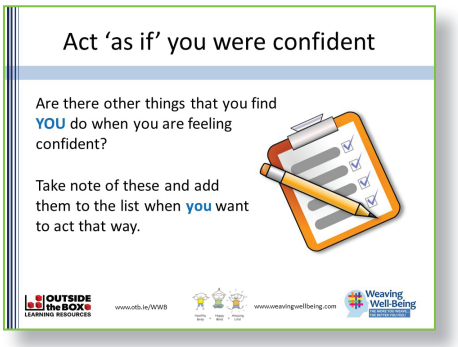


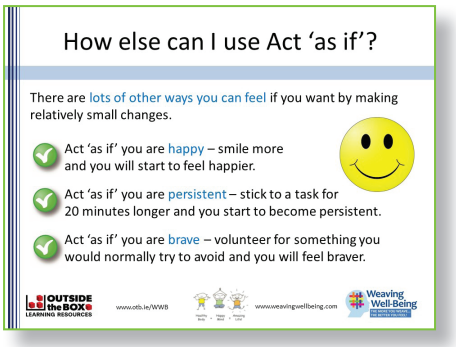


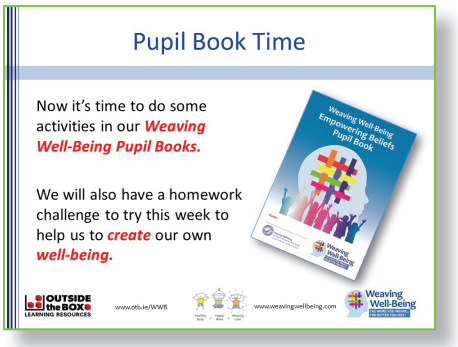












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