

Global Citizenship in the Whole School: Ages 5-7

Lesson plan 3: A recipe for myself

Age group: 5 - 7

Aims:

For pupils to become aware of and have pride in their individuality, and to value others as equal and different.

What to do:

This activity is from *Feeling good about faraway friends* (in our Catalogue) by Leeds Development Education Centre.

You will need:

Paper and pencils.

Create a word bank by brainstorming other pupils' qualities: funny, helpful, talkative, stubborn, and so on. Ask pupils to choose words which they think describe themselves and write them as a recipe. Encourage pupils to see themselves positively, like the example below. Make a class book of recipes.

Example recipe: Trish

Ingredients:

2 cups of laughter
1 cup of joy
1 cup of energy
a sprinkle of tears
a pinch of stubbornness
a dash of playfulness

Method:

Stand under the stars and growing moon for several nights. Bring into a warm and secure place, nurture with love and care, and watch it grow into Trish.

Planned outcomes:

That pupils see themselves positively, that their self-esteem is raised, and that they begin to realise that people are all different, but all equal.

Curriculum links:

England	Scotland	Wales
<p>PSHE/Citizenship:</p> <ul style="list-style-type: none"> - To recognise what they like and dislike; to think about themselves and recognise what they are good at; to feel positive about themselves; to identify and respect differences and similarities between people. <p>Literacy Hour:</p> <ul style="list-style-type: none"> - Year 1, term 1; Year 2, term1. <p>Science:</p> <ul style="list-style-type: none"> - Ourselves. <p>ICT:</p> <ul style="list-style-type: none"> - Using a word bank. 	<p>PSD:</p> <ul style="list-style-type: none"> - Positive regard for self and for others and their needs. <p>Environmental Studies:</p> <ul style="list-style-type: none"> - Developing informed attitudes, cultural and social diversity. <p>Health:</p> <ul style="list-style-type: none"> - Feelings and relationships and how they affect our mental well-being. <p>English Language:</p> <ul style="list-style-type: none"> - Talking about feelings. 	<p>PSE:</p> <ul style="list-style-type: none"> - To feel positive about themselves; to know that each person is different but understand that all are equal in value. <p>Oracy:</p> <ul style="list-style-type: none"> - To extend their vocabulary through activities that encourage their interest in words. <p>Science:</p> <ul style="list-style-type: none"> - Humans and other animals