

Chipping away

KS4

45mins

An activity to illustrate how our interactions with other people can impact on feelings of self-worth

What you need:

- Script or Audio (provided as part of this pack).
- Oval face outline for each person
- Large sheet of paper for each person
- Glue stick or sticky tape

Method:

- Divide class into groups of 5/6, including people they know well
- Each person draws a selfie
- Explain that they will hear a description of a day for a young person
- They should reflect on how the experiences described would make them feel
- They are asked to tear off a piece of their portrait each time they feel the experience will make them feel worse about themselves –they can tear off small pieces for things with the smallest impact and bigger pieces for those with a bigger impact.
- Read/listen to the script
- Discuss: What were the hardest things to hear? Did everyone find the same things having the biggest impact?
- Next they will reflect on how positive things can boost self-esteem and make them feel better about themselves.
- In small groups (including friends) share good things about each other and about themselves. Every time they or someone else suggests something positive they can stick part of their face back on a larger sheet of paper. They should note the positives down and keep going until their face is fully restored.
- Suggest they try to highlight qualities and factors which are neither related to physical appearance or achievement.

Follow on activity

- Ask the students to imagine they are a very close friend of the person in the story, witnessing what is happening to them and how they are feeling.
- Now reread the script, pausing at points when something negative happens and invite the students to suggest what they might say/do at each point.
- At the end ask them how easy it was to reassure and support a friend.
- Ask if they could envisage saying some of the same things to themselves.
- Suggest that unfortunately it is often much easier to stick up for our friends than for ourselves but we need to develop our internal friend and show compassion and kindness not just to others but also to ourselves.

Script:

You wake up late, your mum says “you still in bed you lazy ***?”**

You ask your mum to take you to school, but she says you can walk as you need the exercise.

It’s pouring with rain. On the way to school a car drives through a puddle and you get soaked; the rest of the way to school it feels like everyone is laughing at you.

Just as you arrive your mum texts you saying that you have left your homework on the side again.

You ask her to drop it off at school. She replies saying, “You’re absolutely useless at the moment, what’s wrong with you? You should have remembered and now you’ll have to face the consequences.”

You walk into class late and your teacher says, “Late again! No wonder your grades are dropping.”

You get given a detention and are sent to your Head of Year.

A class mate whispers, “Oh jeez you look rough”.

At break time, you can’t find your friends. You’re worried they don’t want to hang around with you anymore. When you get to Maths none of them has saved a seat for you either and you’re not sure why.

The next lesson is P.E. You have to get changed in front of everyone. You remember in the rush this morning you pulled on the embarrassing SpongeBob boxers you got for Christmas! Needless to say everyone has a good laugh.

During the P.E lesson, the class is told to get into pairs. There are an odd number of people and you end up being the one without a partner. You are made to go with the teacher and do all the demonstrations, even though sport is not your strong point.

After school you get home to find a note on the table from your mum saying that she’s gone out and that you will have to sort your own dinner out followed by the words, “Don’t even think about leaving the washing up for me to do when I get back.”

Later on you look on your phone and see your ‘friends’ selfies up on Facebook. Looks like they all went out last night but didn’t invite you.”



