



Lesson plan summary

The lesson plans and support materials will help you expand your child's self-awareness and self-confidence

The lesson plans

All nine engaging and inspiring person-centred lesson plans are especially designed to stimulate self-reflection and build self-awareness and confidence. Lesson 10 is for feedback purposes and provides an opportunity to celebrate and reward individual achievement. Resources are updated regularly so it's a good idea to check this page to see what's new! <https://mindscreen.com/updated-resources/>

Children take a deep dive into their own personal profile while completing the activities in each lesson plan, helping them to build up awareness of their unique skills and strengths. They'll learn what switches them on and what they get passionate about.

Each lesson plan comes with a corresponding Learner Diary giving children the opportunity to record their own self-awareness insights.

Later lessons refer to learning accomplished in earlier lessons, therefore following the order below will achieve the best learning outcomes:

1. Easy**A**wareness
2. Easy**B**elief
3. Easy**C**onfidence
4. Easy**S**kills
5. Easy**S**tudy**C**hoice
6. Easy**C**areer**C**hoice
7. Easy**C**V
8. Easy**S**uccess
9. Easy**F**uture
10. Easy**F**eedback

Other resources

The three 1-page handouts offer children helpful self-worth building hints and tips and the booklet provides valuable developmental insights.

- ✓ **Self-awareness guide**
- ✓ **Self-confidence guide**
- ✓ **Self-esteem guide**
- ✓ **Discovering More About Yourself & Others booklet**

A thought for reflection

You might face a situation where you consider delivering the lesson plans out of order because of an urgent need your child has shown. For example, your child has demonstrated a particularly low self-skill score when rating the "I am confident" statement, therefore you want to help them build their self-confidence as soon as possible. If you find yourself in this situation, bear in mind that **all the activities in every lesson plan** will positively impact your child's state of mind. Hence, it's a good idea to resist temptation and to stick to the lesson plan order.