



Week 1: Building Strong & Safe Foundations: Personal Identity

Community and Team Building



Division: JUNIOR

Lesson Title:

The “I” in Image

Learning Goal:

We are learning to express and explain a personal choice and perspective, to hear and learn about others’ views, and to bolster our critical thinking skills in the process.

Student Pre-Reflection:

Teacher needs to prepare 4 images (stock photos of nature, people, animals, memes, random)

Before you begin, think about...

Do you share similar interests with your peers?

Do you share similar feelings to your peers?

Learning Task/Activity:

The I in Image

Place four pictures/images/quotes in ‘four corners’ to facilitate small group discussion.

Ask students to stand near the picture they see themselves in the most.

Ask these groups to briefly share why they selected the photo.

Encourage students to use active listening skills to learn about what others will share.

Adaptions:

You can also use-Emotions, famous works of art, book covers, pictures of facial expressions or words could also be used.

Use pictures of historical art, statues, monuments, etc., from around the world.

Ideas for Follow up / Discussion:

Discussion:

What surprised you?

What did you learn about your peers?

What might you talk about with a new peer today?

Further Resources:

This activity has been adapted from a this SMHO lesson [SMHO-The I in Image"](#)

Evidence

A student's confidence in their knowledge of themselves sets the stage for their interest in others, ability to interact/build relationship with others and the world around them. The knowledge of oneself is foundational to many other skills related to mentally healthy selves. Being known by others, being engaged in social interactions and having an opportunity to develop peer relationships all contribute to a student's self confidence (Bergin & Bergin, 2009; Verschueren, Doumen & Buyse, 2012; DeWit, Karioja & Rye, 2010).

Curriculum Connections (i.e., A1.8: Point of View):

Arts:	
FASL:	
Health & PE:	A1.3 develop habits of mind that support positive motivation and perseverance A1.4 build relationships, develop empathy, and communicate with others A1.5 develop self-awareness and self-confidence
Kindergarten:	
Language:	O1.2 appropriate listening behaviour O2.2 appropriate speaking behaviour O2.3 communicate in a clear, coherent manner
Math:	SEL 3. maintain positive motivation and perseverance SEL 4. build relationships and communicate effectively SEL 5. develop self-awareness and sense of identity
Native Language:	
Science:	
Social Studies:	

Learning Skills:

Responsibility:	x	Organization:	
-----------------	---	---------------	--

Independent Work:		Collaboration:	x
Initiative:	x	Self-Regulation:	x

The resources in this series contain links to sources external to HWDSB such as YouTube and Ted Talks. The written content also relies on information from external sources such as School Mental Health Ontario, Ophea and others.



@HWDSB_WeHelp
#ReimaginingWellness

