

Lesson Title

Teaching People Who We Are

Lesson Objectives

- Educate pupils what the phrase “we treat people how to treat us” means to us in and out of the school environment
- Show pupils the psychological drivers that mean people change depending on who they are with.
- Allow pupils to understand that labelling themselves negatively (or positively) can cause them to ‘play up’ to that label.
- Teach pupils that negative self perception is often untrue and the outside world can perceive us very differently from how we perceive ourselves

Resources Required

Smart board/Projector and screen

Laptop with internet connection to Education Scotland site or resources downloaded

Paper (A4 or A3)

Pens (preferred but not essential: coloured/felt tips)

Lesson Plan

Teachers require only minimal input to the lesson but are encouraged to participate with their own knowledge and use personal examples where possible.

Starter - 5 mins

Welcome pupils and ask the starter questions to encourage a discussion around mental health:

1. **What is perception?** *Perception is the way something is regarded, understood or interpreted once it has been filtered through our own personal beliefs and values*
2. **Do we change depending on who we are with?** *The answer is 100% yes.*
3. **Why do you think we do that?** *Our behaviour changes depending on context and a significant context that drives behaviour change is who we are with. An adult example would be that many people drive differently if their mum is in the car! It happens because we are managing either an existing perception or teach people about who we want to be.*

Video Content #1

Play video from beginning - video length 10m 12s

Activity

This activity involves pupils working individually and, briefly, in pairs.

Activity:

Have you taught the world to perceive the ‘real’ you?

Ask pupils to draw a line down the centre of a sheet of paper separating it into 2 columns. One column should be headed ‘Me’ and the other ‘Other People’. Pupils are asked to write

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down how they perceive themselves and, in the other column, how they believe they are perceived by others (this can include friends, pupils, teachers, parents etc).

The teacher can ask pupils to notice differences and ask why they think they're different. It is normal for some pupils to be a little negative on their self perception or how they believe they are perceived by others, the teacher is encouraged to gently challenge any negative perception.

Once complete the teacher should take examples and feedback. Feel free to question how things work and, if there any exceptional examples that you would love to have up on the HeadStrong Social Media then email them to brian@headstrongminds.com and we will, of course, give full credit and acknowledgement to the school and the class.

Video Content #2

Play video from pause point (the small break is 20 seconds long and Mark will kick back in at 10m 32s). Second video length 2m 32s.

Lesson Close

Teachers can reinforce the point that we teach people how to treat us and that changes can be made if you are unhappy with how you are perceived. Teachers can also reaffirm that sometimes our negative perceptions can be way off and we often have to make sure that the perceptions we pay attention to are real.

Success Criteria

- Pupils Understand what the phrase “we treat people how to treat us” means to us in and out of the school environment
- Show pupils the psychological drivers that make people change depending on who they are with.
- Show pupils that labelling themselves negatively (or positively) can cause them to ‘play up’ to that label and how that affects their relationships and results.
- Pupils accept that negative self perception is often untrue and the outside world can perceive us very differently from how we perceive ourselves

Experiences & Outcomes

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a**

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a**

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a**

This lesson was produced in Partnership with HeadStrong

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