



Session 1
“The Ugly Duckling”
I am “ME”

Warm-up activity: The Person in the Mirror (2 persons in a group)

One student makes body movements and another student pretends to be the mirror image (mimics his/her partner's movements and do the same movements at the same time). Then swap roles.

Questions:

- ▶ To imitate or to be imitated, which one is easier? Why?
- ▶ How difficult is it to mimic other people's motions?

Summing-up :

1. It is difficult to imitate another one because you are not that person. The other person may find it easy to make certain body movements or do them at certain speed, which we may find difficulty to follow. This is because each of us is uniquely different.
2. Everyone is a unique individual with personal thoughts, strengths and weaknesses.

Theme Activity:

- ▶ Watch a movie depicting the theme online: Part 1 of The Ugly Duckling by Hans Christian Andersen (from the opening to 13:20)

Questions:

1. Please describe the appearance and uniqueness of the Ugly Duckling.
2. What happened to the Ugly Duckling?
3. If you were the Ugly Duckling and teased by everyone, how would you feel and respond?

How do you describe students lacking in self-confidence?

- ▶ a. Hyper-sensitive to criticisms.
- ▶ b. Copy behavior to please other people.
- ▶ c. Desperately seeking approval.
- ▶ d. Accustomed to use negative words to describe himself/ herself and other people.
- ▶ e. Do not like his/her own appearance.
- ▶ f. Feel uncomfortable with compliments.

How do you describe students with self-confidence?

- ▶ a. Always reflect on criticisms.
- ▶ b. Do not follow the crowd easily and have the courage to stand out. Do not have the habit of seeking approval.
- ▶ c. Accustomed to use positive words to describe himself/herself and other people.
- ▶ d. Accept his/her own appearances and can accurately describe his/her personal strengths.
- ▶ e. Not afraid of taking compliments.
- ▶ f. Able to express emotions properly.

Group activity:

- ▶ Distribute the worksheet of “Get to Know Yourself”.
- ▶ Write down names, class and dates.
- ▶ Then, ask students to appraise their abilities, strengths and weaknesses.
- ▶ Follow the sample and fill in their abilities, strengths and weaknesses.
- ▶ Upon completion, two students will form a group to share their ideas, feelings and views.
- ▶ Invite two to three groups of students to share their ideas.

Questions:

1. How do you feel when you hear other people share their views/comments about you (including your competence, strengths and weaknesses)?
2. How are you going to deal with the personal weaknesses pointed out by another student today? (Accept and make improvements proactively.)
3. How will you help the others face their weaknesses?

Reflection and Conclusion:

- ▶ Students should be encouraged to analyse their own competence, explore personal strengths and accept personal weaknesses.
- ▶ Students should also learn to share their views, feelings and ideas with other people so as to get a better understanding about themselves and other people, as well as learning to appreciate the strengths of themselves and other people.
- ▶ Students should acknowledge their own virtues and those of others, embrace personal shortcomings and make improvements proactively to develop self-esteem.

Sample

