“WE” Positive Dynamics Scheme

(Junior Primary)

Session 1: “The Ugly Duckling”

**I am “ME”**

**Objectives:** 1. To enable students to learn about their own bodies and physical appearance;

2. To enable students to understand the differences between themselves and others and to respect the uniqueness of every individual.

**Duration:** 35 minutes

**Target:** P.1 to P.3 students

**Rundown:**

|  |  |  |
| --- | --- | --- |
| **Duration** | **Content** | **Remarks** |
| 10 minutes. | **Warm-up Activity: “We Are All Different”**1. Show 4 photos of people of different nationalities/physiques/facial expressions. 2. Teacher asks students, “Can you notice any **similarities** and **differences** between the people in the photos?”*Hints: Guide the students to analyse by studying their physical appearances (including their physiques and facial features) and cultural backgrounds.* **Summing-up:** There is no one in the world that is the same as you. Everyone looks different and has different traits, living habits, personality and values. Everyone is unique.  | Photos to be prepared by schools |
| 15 minutes. | **Thematic Activity: Video Viewing** (due to different lengths of the films, please adjust the learning and teaching activities accordingly)1. Watch the first part of an animated film depicting the theme online: \*The Ugly Duckling by Hans Christian Andersen (film length: 23:59)  Putonghua version: Part 1 (from the opening to 13:20, about 13 minutes) <https://www.youtube.com/watch?v=HXcn2fkKUzg> 2. Teacher asks students, “Please describe the appearance of the Ugly Duckling and tell us how special it is.”**Summing-up:** We should learn to accept ourselves and respect the uniqueness of everyone.  | \*Please choose another relevant video if the suggested one on web was deleted.  |
| 15 minutes. | **Reflection Activity: The One and Only “ME”**1. Each student is given a piece of blank paper. 2. Ask students to draw a self-portrait. (10 minutes)3. When finished, students will be asked to raise their portraits and appreciate each other’s works. 4. Teacher chooses the 3 “most unique portraits”. 5. Invite the students with the chosen portraits to share with the class “their most favorite facial features”**Conclusion:**Everyone is unique. We should learn to “appreciate” and “like” ourselves.  | Teaching materials:Blank paper (one piece of paper for each student)  |

Session 2: “The Ugly Duckling”

**My “True” Self**

**Objectives:** To enable students to know their abilities, strengths, and to accept their own weaknesses.

**Duration:** 35 minutes

**Target:** P.1 to P.3 students

**Rundown:**

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| **Duration** | **Content** | **Remarks** |
| 5 minutes | **Warm-up Activity: Can You Follow “Me”?** (2 persons in each group)1. Part 1: One student makes any body movements as he/she wishes and another student mimics his/her partner’s movements at the same time. (1 minute)

***Example:***Raise your hands and clap 3 times slowly, cross your arms to cover both ears, stick out your tongue, put your hands on your head and run on the spot 10 times. 1. Part 2: Swap roles (1 minute)
2. Questions to be raised by Teacher:

a. To imitate or to be imitated, which one is easier? Why?b. What are the difficulties in mimicking other people’s movements? **Summing-up:** * It is difficult to imitate another person because you are not that person.
* The other person finds it easy to make certain body movements or do them at a certain speed, but we may have difficulty following them. This is because each of us is unique and different from each other.
 |  |
| 10 minutes | **Thematic Activity: Video Viewing** (due to different lengths of the films, please adjust the learning and teaching activities accordingly.) 1. Watch the middle part of an animated film depicting the theme online: \*“The Ugly Duckling” by Hans Christian Andersen. (film length 23:59)

Putonghua version: Part 2 (from 13:20 to 20:15, about 7 minutes)<https://www.youtube.com/watch?v=HXcn2fkKUzg> 1. Questions to be raised by Teacher:

 a. What happened to the Ugly Duckling?  b. If you were the Ugly Duckling and being teased by everyone, how would you feel and respond? **Summing-up:** * You feel bad if people tease you, so we should not tease others.
* Learn to accept the differences between you and others.
 | \*Please choose another relevant video if the suggested one on web was deleted.  |

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| --- | --- | --- |
| 20 minutes | **Reflection Activity:** Teacher uses the “What’s Special about ME” worksheet to discuss with students their special qualities. 1. Students follow the sample worksheet of “What’s Special about ME” and circle the adjectives or phrases best describing them, including their personality traits, strengths and weaknesses on their worksheets, and write the skills they possess on the empty cloud. Through this activity, students can learn to accept who they are and improve themselves.
2. When finished, Teacher asks students to share with the class:

a. one of their strengths (Teacher leads the whole class to say “You are great!” to the students concerned)b. one of their weaknesses (Teacher leads the whole class to say “You can do it!” to the students concerned)1. Teacher collects the worksheets and keeps it for the next session.

**Conclusion:*** Everyone has his merits and demerits. We should keep the good ones, accept our weaknesses and find out ways to improve ourselves.
* Students should learn to appreciate other people’s merits and encourage them to overcome their weaknesses. (Teacher leads the whole class to give themselves a round of applause.)
 | \*Teaching materials:Session 2 Annex 1: “What’s Special about ME” sample worksheetAnnex 2:“What’s Special about ME” |

The Ugly Duckling (Session 2)

Annex 1

**“What’s Special about ME” Sample Worksheet**

Introverted Smart Brave

 Neat Lazy Patient Helpful

Obey and respect parents Passionate

Impatient Headstrong Energetic

Determined Self-disciplined Confident

Polite Nice Proactive Honest

 Careful Shy Responsible



Agile Dependent Sincere

Careless Nervous Outgoing

 Good at sports

 Good at singing

The Ugly Duckling (Session 2)

Annex 2

**“What’s Special about ME” Worksheet**



Polite Nice Proactive Honest Careful Shy Responsible

Obey and respect parents Passionate

Impatient Headstrong Energetic

Determined Self-disciplined Confident

Introverted Smart Brave

Neat Lazy Patient Helpful

Agile Dependent Sincere

Careless Nervous Outgoing

Session 3: “The Ugly Duckling”

**I am “Precious”**

**Objectives:** 1. To strengthen students’ mindset of “self-affirmation”; and

2. To help students appreciate their own strengths so as to increase their sense of self-recognition.

**Duration:** 35 minutes

**Target:** P.1 to P.3 students

**Rundown:**

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| --- | --- | --- |
| **Duration** | **Content** | **Remarks** |
| 15 minutes | **Thematic Activity 1:**1. Check the “What’s Special about ME” worksheet and see if students need to add or delete any contents related to their self-evaluation.
2. Students refer to the “What’s Special about ME” worksheet and form groups of 2 persons to share their views, feelings and ideas so as to enhance their understanding about themselves and each other.

 a. Share one of their own strengths and weaknesses. b. Show appreciation to the other party about one of his/her strengths and weaknesses. 1. Questions to be raised by Teacher:
2. How do you feel when you hear other people share their views/comments about you (e.g. when they make comments about you or your competence and weaknesses)?
3. What are you going to do about the personal weaknesses pointed out by your classmate today?

**Summing-up:*** Learn to look at your own competence, explore personal strengths and accept personal weaknesses.
* Learn to share your views, feelings and ideas with other people so as to get a better understanding about yourself and others.
* Learn to appreciate the strengths of you and other people. Embrace personal shortcomings and make improvements proactively.
 | \*Teaching materials:Session 2 Annex 2: “What’s Special about ME” worksheet\* |
| 10 minutes | **Thematic Activity 2:**1. Watch the last part of an animated film depicting the theme online: \*“The Ugly Duckling” by Hans Christian Andersen. (film length 23:59)

 Putonghua version: Part 3 (from 20:15 to 23:59, about 4 minutes) <https://www.youtube.com/watch?v=HXcn2fkKUzg> 1. Questions to be raised by Teacher:

The story illustrates that the Ugly Duckling has some strengths. What are its strengths? What do you think? **Summing-up:** The Ugly Duckling has its uniqueness. Everyone has their own uniqueness. We should believe we are unique. We all have our strengths.  | \*Please choose another relevant video if the suggested one on web was deleted. |
| 10 minutes | **Reflection Activity: “I am Quite Good”**1. Each student is given the “I am Great” worksheet. 2. Students are given 1 minute to think about their strengths, e.g. good at origami, run fast… \*Examples of adjectives and phrases: Honest, Punctual, Gentle, Lively, Considerate, Quiet, Diligent, Positive, Brave, Outgoing, Smart, Generous, Strong, Obey and Respect Parents, Kind, Responsible, Polite, Helpful, Willing to Serve, etc. **Conclusion:** Life is full of hope. I am unique. I am a useful person. I can realise my strengths.  | \*Teaching materials: Session 3 Annex 1 “I am Great” worksheet.  |

The Ugly Duckling (Session 3)

Annex 1

**Worksheet on “I am Great”**

Name: Class: Date:

***Please complete the following sentences:***

* 1. Many people call me (nickname/infant name).

However, I’d rather be called and hope that everyone will call me by this name.

1. My appearance is plain / handsome / beautiful. I love my most.
2. Please write down three to five strengths of you.

4.

1.

5.



3.

2.