



# Lesson Plans

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# Lesson Plan



Topic

PHSE: self esteem

## Learning Objectives

Express positive feelings about themselves; build self-esteem  
Strengthen their own identity  
Appreciate positive traits in others

## Materials

Book - *The Perfectly imperfect Pumpkin*  
whiteboard/ flipchart  
6 strips of paper per pupil (printable attached)  
pens/pencils

## Activities

Read the story '*The Perfectly Imperfect Pumpkin*'

Have a group discussion around self esteem, what do the pupils think self esteem means? Self-esteem is how you feel about yourself. These feelings can change as things in your life change. Self-esteem is the value you put on yourself and how important you feel. Healthy self-esteem gives you the courage to try new things and make good choices.

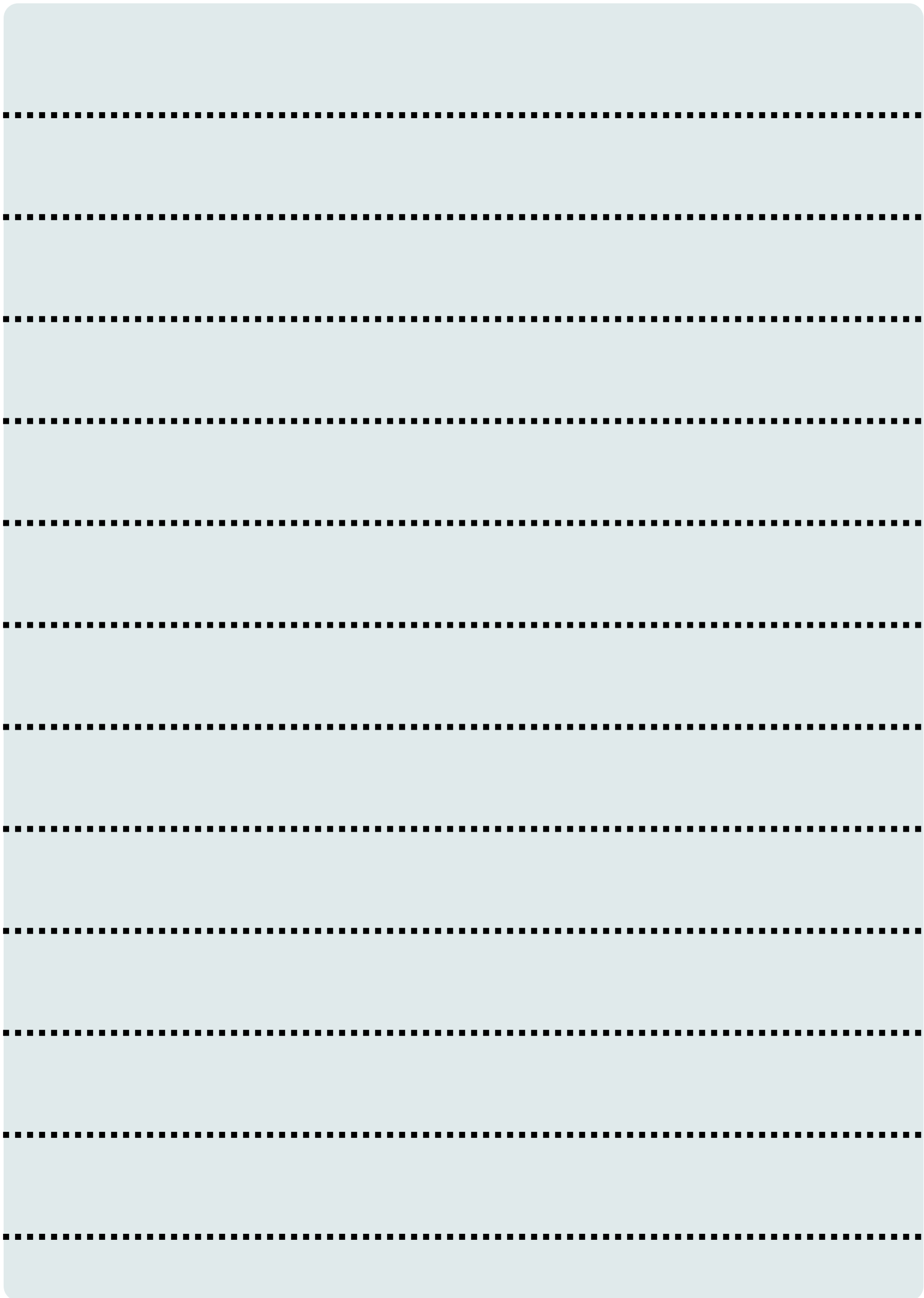
Encourage pupils to think about- How are we all different? Encourage pupils to think about the physical and non physical differences. Physical differences can include hair colour, eye colour, skin colour, height, weight etc. Non-Physical can include favourite music, food, hobbies, likes & dislikes, living in different families, disabilities, different talents etc. These can be written down as a group or individually.

Think about the word unique, which is used in the book and what this means.

Give each pupil 6 strips of paper ask pupils to write on them, three things they like about themselves and three things they are good at. These can be the same things. Ask for volunteers to share examples of what they wrote. Use the strips with the pupils strengths written on them to create a paper chain, linking them together to create a chain of strengths. Point out that everyone has strengths and that these strengths are part of what make us unique and special. The fact that we are all different is also part of what makes the world interesting.







# Lesson Plan



Topic

PHSE: self esteem and friendship

## Learning Objectives

know how to be a good friend.  
use good friend vocabulary.  
understand how to perform good friend actions

## Materials

Book - The Perfectly imperfect Pumpkin  
whiteboard/ flipchart  
Cauldron print out (printable attached)  
pens/pencils  
decorated box/jar  
sticky notes

## Activities

After reading the book '*The Perfectly Imperfect Pumpkin*'

Discuss the friendship that occurs between the witch and the Pumpkin. How the witch's kindness made the Pumpkin feel good. Ask: Why are friendships important to us? Encourage the pupils to think about different acts of kindness and how they can be a good friend and classmate? what does it take to make a good friend? As a group come up with some ideas for being a good friend and write them on the white board/ flip chart. Use the following suggested qualities of a good friend if pupils are having challenges coming up with qualities: Good friends listen to each other. Good friends are kind to each other and don't say mean things about each other or hurt each other's feelings. Good friends are honest with each other. Good friends can disagree but still be friends. Good friends can count on each other. Good friends can try to help each other out. Good friends care about each other. Good friends accept us for who we are.

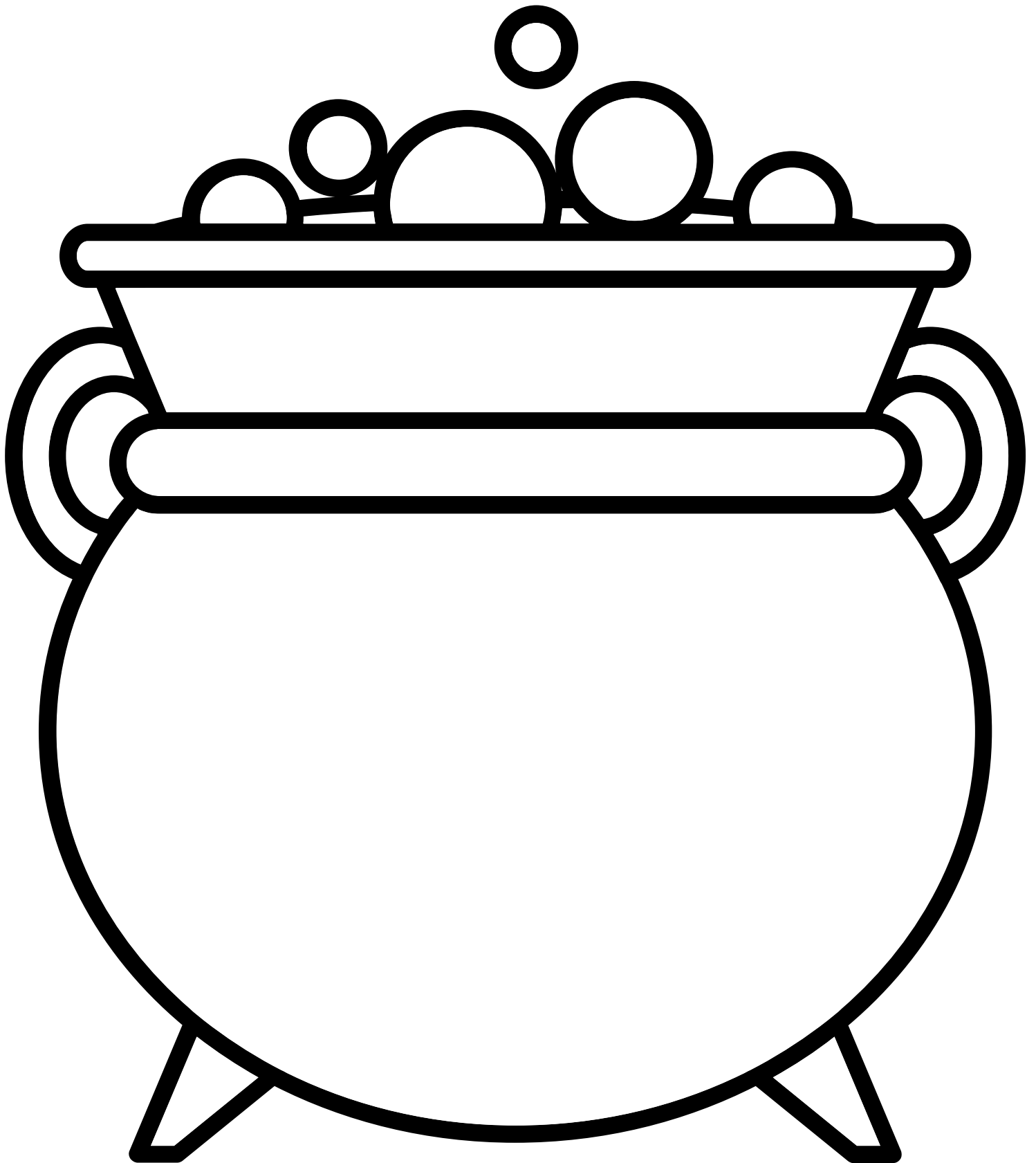
Independent/ pair work - ask pupils to create a recipe/ potion for friendship. this might include things like a spoon of listening, a dash of caring etc.

## extension

encourage pupils to think how do they feel when someone is kind to them, how do they feel when they make someone happy or cheer up someone who's sad? Being helpful and friendly to others can make you feel good. One way that makes everyone feel good is to tell a classmate or friend something nice about him or her. Those nice words are called a compliment. Encourage some volunteers to give a compliment to a classmate. remind the group it is also good to give ourselves compliments too.

Create a compliment or appreciation box for the class with small slips of paper or sticky notes. The teacher and the students can leave appreciations/ compliments for classmates in the box. This may take some modelling and encouragement. Every few days, take out the appreciations/compliments and read them aloud.

# FRIENDSHIP POTION



# Other Ideas

here are some more ideas/activities that can be used as a follow on from reading the story '*The Perfectly Imperfect Pumpkin*'

Exploring the life cycle of a pumpkin and the things they need to grow.  
Explore the different parts of the pumpkin, skin, stem, vine, flower, seeds, pulp, strands etc.

measuring and weighing pumpkins, experimenting with different sizes of pumpkin whether they float or sink, what happens if you scoop out the pumpkin? Counting pumpkin seeds and sorting into groups of tens.

exploring physical differences in the class, how many people have blue eyes/ brown eyes, blonde hair etc. Create a graph.

using a pumpkin template or paper plates to decorate and create your own perfect pumpkin.

Paint hands to create hand prints with orange on the palm and green on the fingers to create pumpkin hands, when the paint is dry add different feeling faces to the pumpkins.

Exploring the season Autumn and the changes that occur in Nature.

Go on an autumn walk/ scavenger hunt. Collect autumn leaves and use wax crayons to rub leaf patterns on paper/ make leaf mobiles.

create an all about me collage, exploring all the things that makes us unique or encourage children to draw around their hands and decorate with things that they like to do. these can be used in a class display. encourage pupils to recognise that there may be some similarities and some differences this is what makes everyone interesting.

Making Pumpkin Pie or Pumpkin soup. decorate pumpkin / leaf shaped biscuits.

Make pumpkin spice playdough. make autumn sensory boxes using leaves acorns etc.

exploring Kindness what does it mean and how can we show it? carry out random acts of kindness or make a school display about being kind.

saying boo- to bullying. use the example in the book where others are laughing at the pumpkin, explore feelings around bullying what does it look like sound like feel like? what can we do about bullying? what can we do if we are feeling sad or left out.

