

Lesson Plan: Exploring Confidence and Finding Your Voice

Objective:

Students will develop an understanding of confidence, explore ways to express themselves confidently, and learn strategies to find their voice.



Grade Level: Primary School -Ages 12-5

Materials Needed:

- The Cockerel Who Couldn't Crow
- Paper and colouring materials
- Whiteboard or chart paper with markers



Lesson Duration: Approximately 45 minutes

Lesson Outline:

1. Introduction (10 minutes)

- Begin by discussing what the term «confidence» means. Explain that confidence is believing in yourself and your abilities.
- Ask s to share examples of times when they felt confident or proud of themselves. Write down their responses on the whiteboard or chart paper..

2. Read Aloud or Video (10 minutes)

- Read The Cockerel Who Couldn't Crow aloud to the Class or show the short video of Emma reading it.
- Pause during the reading or video to discuss key moments and emotions experienced by the characters.

3. Group Discussion (10 minutes)

- Lead a guided discussion about different ways students can express themselves confidently. Encourage students to share strategies they use when they want to speak up or share their ideas.
- Discuss the importance of listening to others and respecting different viewpoints while still expressing oneself confidently.

4. Art Activity (10 minutes)

- Engage students in an art or writing activity related to confidence and finding their voice. Provide prompts such as:
 - «Draw a picture of yourself doing something that makes you feel confident.»
 - «Write or draw about a time when you spoke up and felt proud of yourself.»

5. Role-Playing Exercise (10 minutes)

- Conduct a role-playing exercise where students practice speaking confidently in different scenarios (e.g., asking a question in class, introducing themselves to a new friend).

6. Conclusion and Reflection (5 minutes)

- Wrap up the lesson by summarizing key points about confidence and finding your voice.
- Ask students to reflect on what they've learned and how they can apply these concepts in their daily interactions.
- Encourage s to set personal goals for expressing themselves confidently moving forward.



Homework (Optional):

Encourage students to practice using their confident voice at home by sharing their thoughts or ideas with family members. Ask them to reflect on their experiences and share them in the next class.