

## I AM YOU LESSON 4: Reflection

### LESSON PLAN

<b>Audience:</b>	Primary Year 5/6 (9 – 11-year-olds)
<b>Length of lesson:</b>	1 hour
<b>Learning outcomes:</b>	<p>By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>- reflect on that they have learnt as a way of solidifying their learning,</li> <li>- identify what identity means to them,</li> <li>- recognise how stereotyping people and discriminating is wrong and unfair,</li> <li>- identify different communities and what communities they are part of, and</li> <li>- think about their future selves!</li> </ul>

Activity and Timing:	Description:	Resources/materials needed:
<b>Introduction, Aims &amp; Icebreaker game</b> 15 minutes	<p>Re introduce yourselves.</p> <p>Go through the learning outcomes for the session</p> <p>Ask participants to take 5 deep breaths to get ready for reflection!</p> <p>Give them one red card and one green card.</p> <p>Ask them 6 questions based on the previous sessions (e.g. 'are there some jobs which boys are just better at?') Hold up red if they disagree and green if they agree.</p> <p><b>Questions:</b></p> <ul style="list-style-type: none"> <li>• Everybody should have the same identity?</li> <li>• Pregnancy and maternity is a protected characteristic?</li> <li>• There are some boys that are better at certain jobs than girls?</li> <li>• Being mean about someone because of a feature of their identity is okay?</li> <li>• You can be a part of more than 1 community?</li> <li>• My school is a part of my community?</li> </ul>	<p>PowerPoint slides 1-2 for intro</p> <p>PowerPoint slides 3-10 for quiz.</p> <p>Presentation slides with questions</p> <p>Red and Green cards</p>
<b>Quiz</b> 10 minutes	<p><b>Scenario Questions</b></p> <p>Go through the protected characteristic reminder slide (slide 12).</p> <p>1-4: scenarios given - are there any protected characteristics relevant in this scenario?            (1 point for Y/N, 1 point for giving the protected characteristic)</p>	<p>PowerPoint slides 11-17</p> <p>Hands up for answers and discussion</p>

<p><b>Letter to your future self</b> 25 minutes</p>	<p><b>Writing a letter to my future self/ poem inspired by “I am Me”</b></p> <p><a href="https://www.qmul.ac.uk/lac/news/2023/items/winners-of-the-queen-mary-legal-advice-centre-poetry-competition.html">https://www.qmul.ac.uk/lac/news/2023/items/winners-of-the-queen-mary-legal-advice-centre-poetry-competition.html</a>.</p> <p>Questions for letter to future self:</p> <ol style="list-style-type: none"> <li>1. How would you describe your current self</li> <li>2. How do you imagine yourself to be, in 5 years?</li> <li>3. Who would you like to get to know more? Why?</li> <li>4. What do you want to learn more about?</li> <li>5. What new things would you like to try out in the future?</li> </ol> <p>Now give each participant an envelope. Invite them to decorate their envelope. The below items could also be added to the envelope from previous lessons/in general if available:</p> <ul style="list-style-type: none"> <li>· identity collage,</li> <li>· a photo,</li> <li>· letter to yourself,</li> <li>· any other work they have from the sessions.</li> </ul> <p>The school may like to have envelopes big enough to add future activities as well.</p>	<p>PowerPoint slides 18-19</p> <p>Letter paper</p> <p>crafting stationery (e.g. color pencils, pens)</p> <p>Envelopes</p>
<p><b>Feedback &amp; Reflection</b> 5 minutes</p>	<p><b>Exit Tickets</b></p> <p>Give each participant an exit ticket (found in the resources page). As everyone to write down 3 things that they learnt this week, 2 things that they found interesting and one question they had.</p> <p><b>Discussion on the course</b></p> <p>Ask the group the following questions and take some answers from the class.</p> <ul style="list-style-type: none"> <li>• Name some key words from previous sessions.</li> <li>• Most important thing I learned throughout the four weeks.</li> <li>• Which activity did you enjoy most from the four weeks?</li> </ul> <p>As someone else to take a note so you can evaluate the sessions.</p>	<p>PowerPoint slides 20-22</p> <p>Exit tickets</p>

<p><b>Evaluation:</b></p>	<p>1. Review the exit ticket</p>
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