



- Lesson 14: Important things
- Lesson 15: Who am I?
- Lesson 16: Leisure time
- Lesson 17: Being left out
- Lesson 18: Health and well-being

Lesson 14: Important things



Today you have brought your own object(s) that is important to you. Everyone is allowed to show his/her object and say something about it. Explaining why it is so important.

Draw the object in the box below. Then write your own thoughts on the lines provided.
Object #1

This.....means a lot to me because.....

It makes me feel.....

This.....means a lot to me because.....

It makes me feel.....

Lesson 15: Who am I?

Keywords:

talent

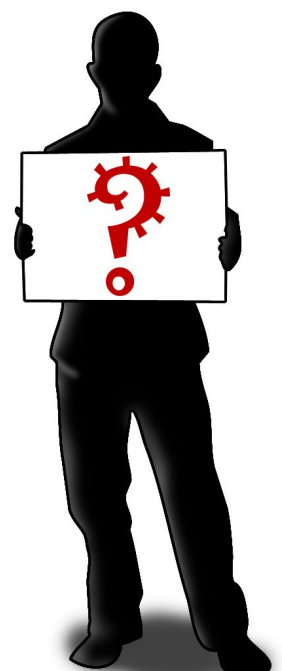
Identity

Origins

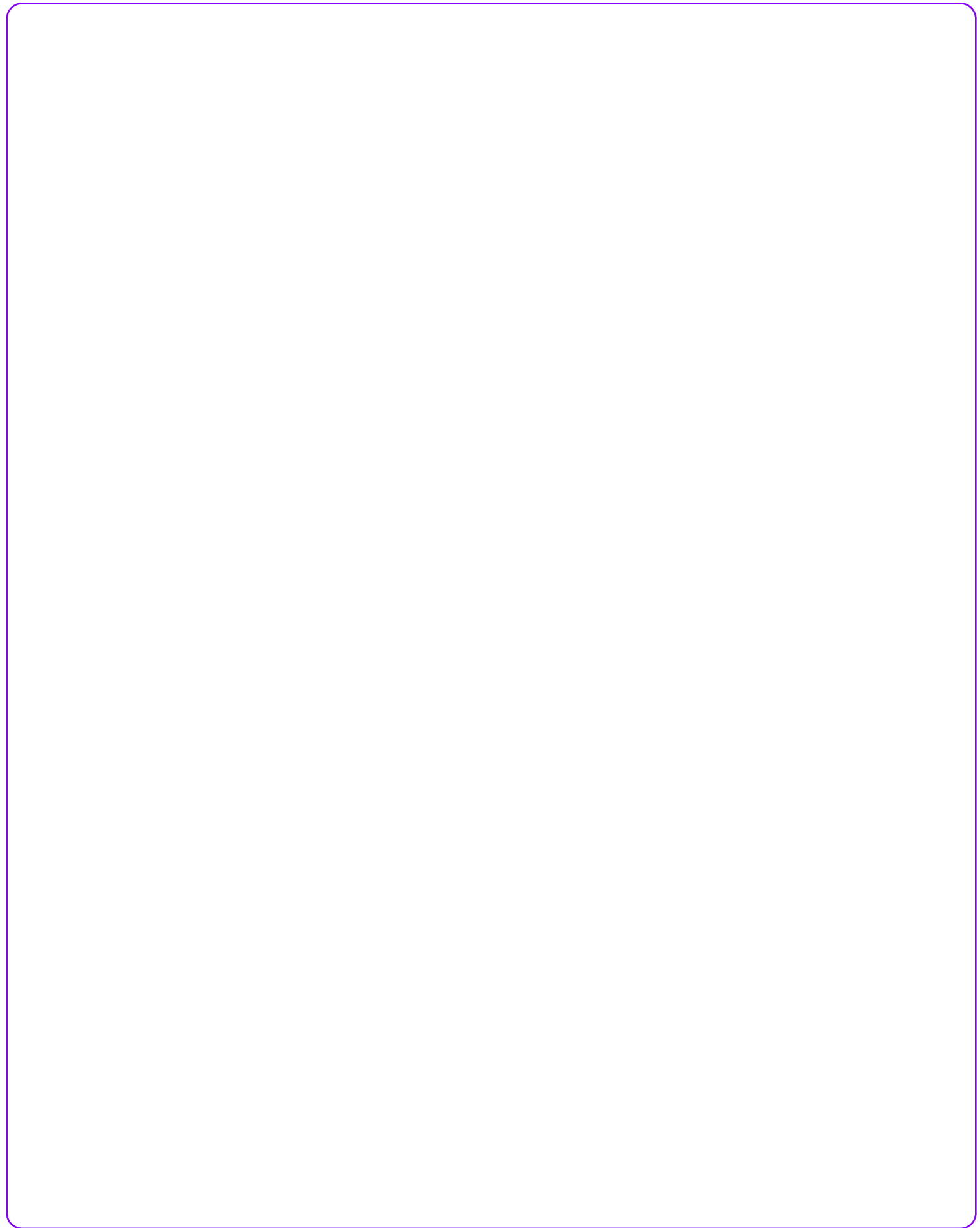
Dreams about the future

Identity is another word used to describe who you are. Draw a tree with roots, a trunk, branches and leaves. This drawing is important because it is about who you are. Each part of the tree represents something.

- 1 The **roots** are your origins or where you come from. They can be deep or shallow.
- 2 The **trunk** represents what you can do. It can be broad or narrow.
- 3 The **branches** and **leaves** can be big or small. They represent what you would still like to do.



My Tree



Lesson 16: Leisure time

Keywords:

Being Bored

Leisure time

Happy

Hobby

Sad

This is Hassan. He is from Somalia. Hassan goes to school during the week but not on Saturday or Sunday. On Saturday he goes to town with friends. It is Sunday afternoon and he is bored. So he decides to play basketball.

English children also get bored at times, but if you come from abroad it can sometimes be even harder.



Discussion:

- Do you know this feeling of not knowing what to do?
- When are you bored? When you are alone or when there are many people around you?
- Did you also feel like this in your own country or just in England?
- What do you do when you are bored or when you just do not feel right?

Make a list of things to do during your leisure time. Think of 10 things to add to the list.

1

2

3

4

5

6

7

8

9

10

M y t h o u g h t s



On the weekend I usually _____

I like / don't like _____

of the things on the list that I want to do are _____

Lesson 17: Being left out



Keywords:

To leave out or exclude

Discrimination

Acceptance

Ethnic Minority

Everywhere where people live, people sometimes leave out someone or exclude each other. Leaving someone out because of the colour of their skin, race, age, religion or gender (man or woman) is called discrimination.

The following poem is about differences between groups of people. Read the poem and think about which two groups the writer is talking about.

When I am lying in the sun, I am black.

When I am angry, I am black.

When I am ill, I am black.

When I am cold, I am black.

When I am warm, I am black.

When I am dead, I am black.

When you are lying in the sun, you are brown.

When you are angry, you are red.

When you are ill, you are yellow.

When you are cold, you are blue.

When you are warm, you are red.

When you are angry, you are white.

And they call me a coloured person!



Discussion

Have you experienced discrimination?

How do you feel when you are left out?

What positive experiences have you had as a result of living together with people of different ethnic background?

Write your own opinion about discrimination. You may also make a drawing or stick something in the space below.

My Opinion

Lesson 18: Health and Wellbeing



Keywords:

Complaints

Headache

Stomach-ache

Sleeping Problems

Worries

Doctor

Write down three things that can give someone a headache.

1

2

3

Write down three things that can make someone have a restless sleep.

1

2

3

Write down three things that someone can do to reduce a headache.

1

2

3

Write down three things to help you sleep better.

1

2

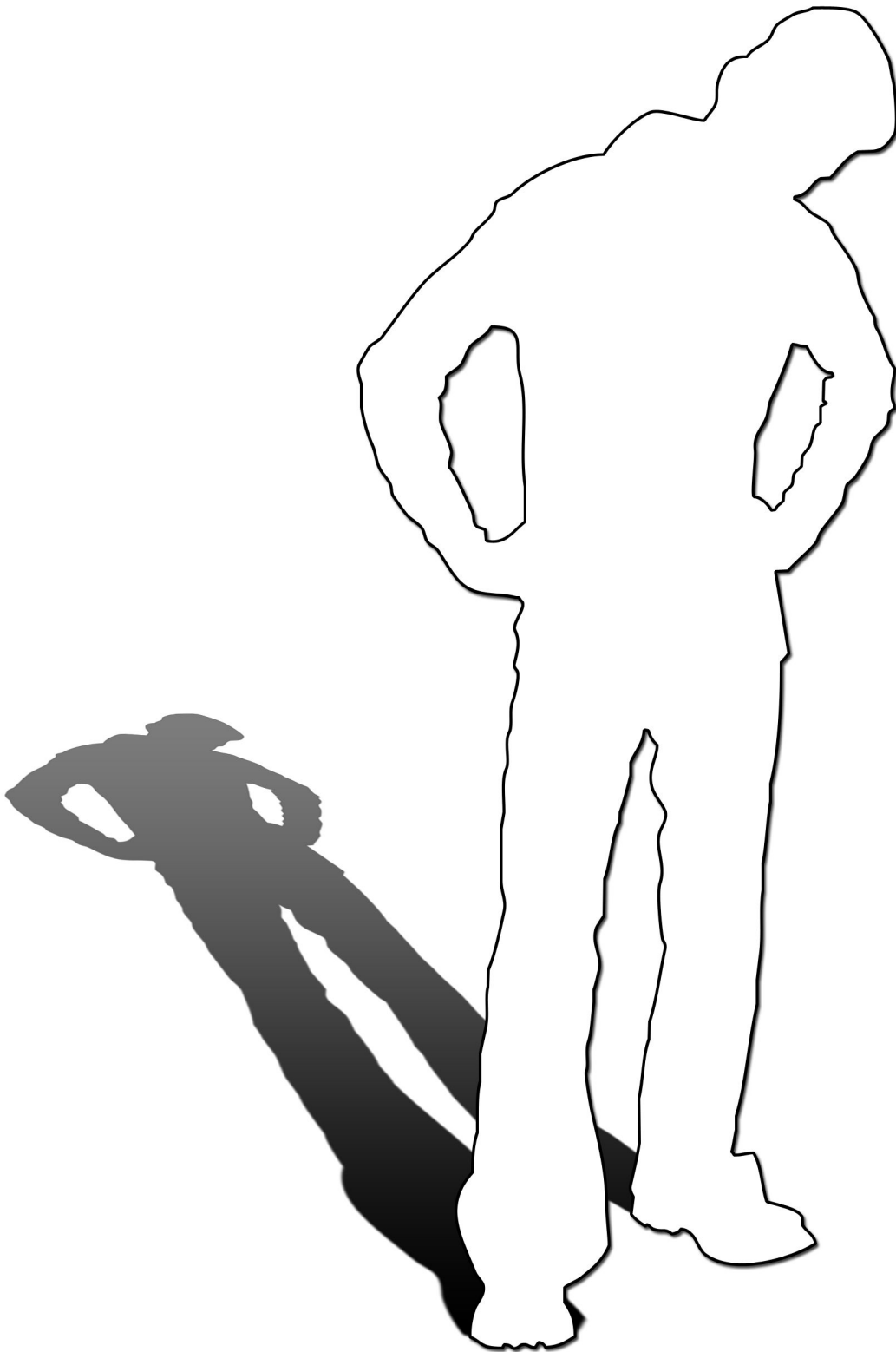
3

What can you do if you want to see a doctor?

Have you heard other things in class today that are important to write down?

My body

Since you came to England it's normal for changes to have taken place in your body. Some places in your body will feel better now whereas others will actually feel worse. Put a + in the areas that feel fine and a - in the areas that do not feel that good or hurt.



My Thoughts



Lesson 14: Important things

I thought this lesson was...

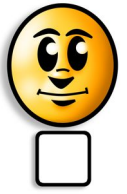
GOOD



NO FUN



OK



Lesson 15: Who am I?

I thought this lesson was...

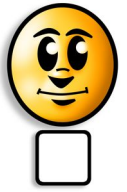
GOOD



NO FUN



OK



Lesson 16: Leisure time

I thought this lesson was...

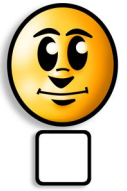
GOOD



NO FUN



OK



Lesson 17: Being left out

I thought this lesson was...

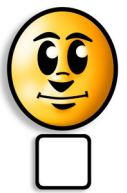
GOOD



NO FUN



OK



Lesson 18: Health

I thought this lesson was...

GOOD



NO FUN



OK

