



SELF-ESTEEM, SELF-CONFIDENCE AND WORRISOME.

BLOCK II TEACHING AIDS AND HOMEWORK

OUR FUTURE IS NOW

Play  **inside**
for equal opportunity

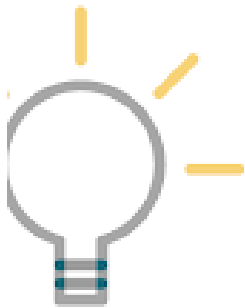
TEACHING AIDS AND HOMEWORK

LESSON 9: REVIEW BLOCK 1

(ANNEX 1)

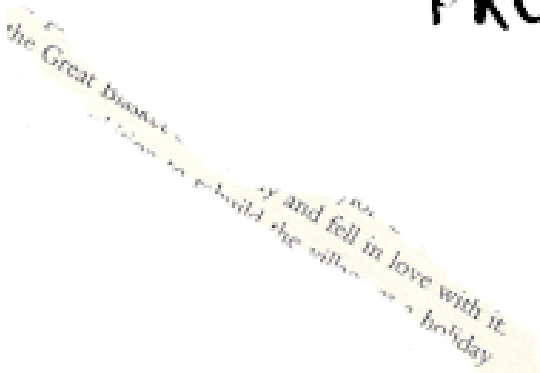
PLAYONSIDE HIDDEN TREASURE!
TEAM 1

HANDWASHING



CRITICAL THINKING

PROBLEM SOLVING



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LESSON 9: REVIEW BLOCK 1

(ANNEX 2)

Hand Washing

Write on the paper the 7 steps of handwashing (no matter the order)

Critical Thinking

1. I look at you, you look at me, I raise my right, you raise your left. What is this object?
2. I have keys but no doors. I have space but no rooms, I allow you to enter but you are never able to leave. What am I?
3. If an electric train is going east at 60 miles an hour and there is a strong westerly wind, which way does the smoke from the train drift?

Problem Solving

Problem: The grass at Rose Field football Academy is very high

Aim: _____

Solutions:

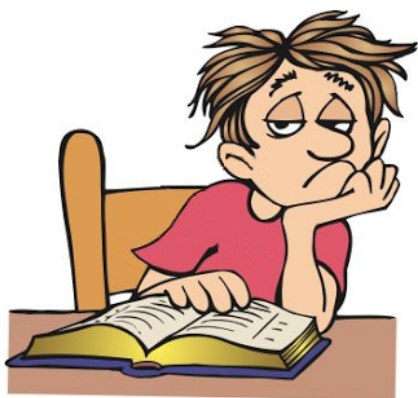
1. _____
2. _____
3. _____

Strategy:

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LESSON 9: REVIEW BLOCK 1

(ANNEX 3)



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LESSON 10: KNOWING YOURSELF

(ANNEX 1)



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LESSON 10: KNOWING YOURSELF

(ANNEX 2)

CLEVER	BRAVE	EASY-GOING	FRIENDLY	FUNNY	GENEROUS
HARD-WORKING	KIND	POLITE	RESPONSIBLE	HELPFUL	RELIABLE
ORGANIZED	COMMITTED	CONFIDENT	HUMBLE	HONEST	STRONG

တော်သော	ရဲရင့်သော	စိတ်မပူတတ်သော	ဖော်ရွေသော	ရယ်စရာကောင်းသော	သဘောထားကြီးသော
အလုပ်ကြိုးစားသော	ကြင်နာတတ်သော	ယဉ်ကျေးသော	တာဝန်ရှိသော	ကူညီဖော်ရသော	ယုံကြည်အားထားရသော
စနစ်တကျစီစဉ်ထားသော	ပီသသော	ယုံကြည်စိတ်ချရသော	နှိမ့်ချမှုရှိသော	ရိုးသားပြောမတ်သော	ကြံ့ခိုင်အားရှိသော

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LESSON 10: KNOWING YOURSELF

ANNEX 3 (ECCD GROUPS)

My name is _____

When I grow up I want to be _____

Favorite book _____

What I look like _____

Favorite food _____

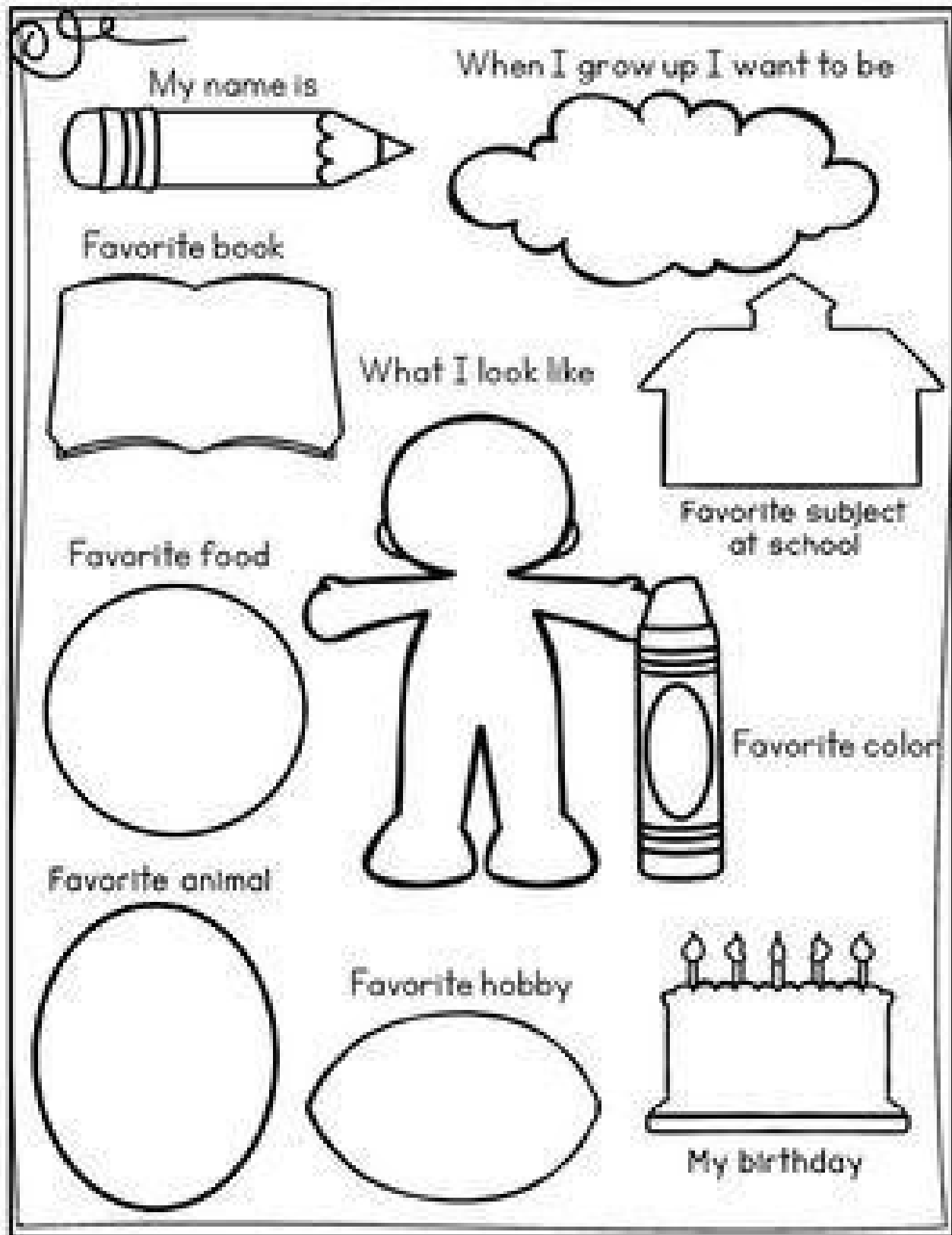
Favorite subject at school _____

Favorite animal _____

Favorite color _____

Favorite hobby _____

My birthday _____



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LESSON 10: KNOWING YOURSELF

ANNEX 3 (OLDER GROUPS)

The worksheet is designed for self-reflection. It features a central heart shape with the text "I'm Good At..." inside. Surrounding the heart are four rectangular boxes, each with a dotted border and a specific prompt:

- Top-left box: "What I Like About Me Is..."
- Top-right box: "I'm Thankful For..."
- Bottom-left box: "I Help Others By..."
- Bottom-right box: "I'm Proud Of Myself For..."

The entire worksheet is enclosed in a large rectangular border made of small, repeating heart shapes.

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LESSON 11: SELF-ESTEEM

ANNEX 1

APPEARANCE			
Tall	Short/Small	Fat	Weak
Strong	Big	Handsome/ Beautiful	Ugly

PERSONALITY (1)			
Friendly	Obedient	Humble	Honest
Talkative	Sensitive	Jealous	Selfish

PERSONALITY (2)			
Brave	Easy going	Polite	Kind
Lazy	Angry	Worried	Innocent

I AM....

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LESSON 11: SELF-ESTEEM

ANNEX 2

**I am proud that I am:
(positive)**

**I want to improve my:
(negative)**

**I am proud that I am:
(positive)**

**I want to improve my:
(negative)**

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LESSON 11: SELF-ESTEEM

ANNEX 3

POSITIVE	NEGATIVE
Good job	Come on, focus!
This is great!	This is not ok!
No worries, next time!	Are you kidding me?
This is perfect!	You are not trying.
This is very nice!	You don't take it seriously
I can see your improvements!	Are you stupid?
Don't give up!	This is all you can do?
One more time and you'll have it!	I am not happy with that
I think you can do it!	That's terrible

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LESSON 12: SELF-ESTEEM (2)

ANNEX 1

Nobody's perfect	Always fight to be the best version of yourself, but it's also important to accept that perfection is an unrealistic goal.
Don't talk negative about yourself	Avoid talking negative things about yourself, they are more powerful than you think!
Do exercise and eat well	Exercise is a great way to increase motivation, practice setting goals and build confidence. Breaking a sweat also cues the body to release endorphins, the feel-good hormones.
Try and learn new things	When you try something new, when you challenge yourself in a small or bigger way and go outside of your comfort zone then your opinion of yourself goes up.
Don't' compare yourself with others	Comparing yourself to other people is a sure-fire way to start feeling crummy. Try to focus on your own goals and achievements, rather than measuring them against someone else's. Nobody needs that kind of pressure!
Celebrate the small stuff	You got up on time this morning. Great! You make a delicious breakfast. Awesome! Celebrating the small victories is a great way to build confidence and start feeling better about yourself.
Be helpful	Being helpful and considerate to other people will certainly boost their mood, but it'll also make you feel pretty good about yourself.
Surround yourself with supportive people	Find people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.
Be nice to yourself	That little voice that tells you you're killin' it (or not) is way more powerful than you might think. Make an effort to be kind to yourself and, if you do slip up, try to challenge any negative thoughts.
Everybody makes mistakes	You've got to make mistakes in order to learn and grow, so try not to beat yourself up.
Find time to do what you love!	If you spend time doing the things you enjoy, you're more likely to think positively. Try to schedule in a little you-time every day. Whether that's time spent reading, cooking or just conking out on the couch for a bit, if it makes you happy, make time for it.

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LESSON 12: SELF-ESTEEM (2)

ANNEX 2 (HOMEWORK)

I am happy and proud of...

DAYS OF THE WEEK

1							
2							
3							

Playinside

I am happy and proud of...

DAYS OF THE WEEK

1							
2							
3							

Playinside

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LESSON 13: SELF-CONFIDENCE

(ANNEX 1)

DANCE	DRIVE A MOTORBIK
SING	DRAW
COOK	SPEAK ENGLISH
PLAY FOOTBALL	DRIVE A CAR
DO THE HOMEWORK	LISTEN TO YOUR TEACHER
FLY	TICKLING YOURSELF
GLEEKING	TWITCHING YOUR NOS
TOUCHING YOUR CHIN OR NOSE WITH YOUR TONGUE	MOVING LIMBS IN THE OPPOSITE DIRECTION

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LESSON 13: SELF-CONFIDENCE

(ANNEX 2)

I think I cannot...	I will try to...
Speak English	<ul style="list-style-type: none">- Try to speak more with my teachers- Try to speak with foreigners when I see them
1.	
2.	
3.	

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LESSON 14: WORRISOME (1)

(ANNEX1)

ဘယ်မှာလဲ

မင်းဘာကိုစိတ်ပူနေတာလဲ



-
-
-



-
-
-



-
-
-



-
-
-

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LESSON 14: WORRISOME (1)

(ANNEX 2) MEDIUM LEVEL

DON'T WORRY BE HAPPY

Here's a little song I wrote
You might want to sing it note for note
Don't worry, be happy
In every life, we have some trouble
But when you worry you make it double
Don't worry, be happy
Don't worry, be happy now
don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
(Ohhhhhh oh oh) don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
Ain't got no place to lay your head
Somebody came and took your bed
Don't worry, be happy
The landlord says your rent is late
He may have to litigate
Don't worry, be happy
Oh, ooh ooh ooh oo-oooh ooh oo-oooh
don't worry, be happy
Here I give you my phone number
when you worry, call me,
I make you happy, don't worry, be happy)
Don't worry, be happy
Ain't got no cash, ain't got no style
Ain't got no gal to make you smile
Don't worry, be happy
Cause when you worry your
face will frown And that will bring everybody down
So don't worry, be happy

Don't worry, be happy now
(Ohhhhhh oh oh) don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
(Ohhhhhh oh oh) don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
Now there, is this song I wrote
I hope you learned note for note
Like good little children, don't worry, be happy
Now listen to what I said,
in your life expect some trouble
When you worry you make it double
But don't worry, be happy, be happy now
don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
don't worry
(Ohhhhhh oh oh) be happy
(Ohhhhhh oh oh) don't worry, be happy
don't worry, don't worry
(Ohhhhhh oh oh) don't worry, don't do it, be happy
(Ohhhhhh oh oh) put a smile in your face
(Ohhhhhh oh oh) don't bring everybody down like this
don't worry
(Ohhhhhh oh oh) it will soon pass, whatever it is
(Ohhhhhh oh oh) don't worry, be happy
(Ohhhhhh oh oh) I'm not worried, I'm happy

TEACHING AIDS AND HOMEWORK

LESSON 14: WORRISOME (1)

(ANNEX 2) HIGH LEVEL LISTEN AND FILL THE GAPS WITH THE WORDS IN THE BOX

DON'T WORRY BE HAPPY

MONEY	WORRY
HAPPY	SMILE
FROWN	LIFE

Here's a little song I wrote
You might want to sing it note for note
Don't worry, be happy
In every life we have some trouble
But when you worry you make it double
Don't worry, be happy
Don't _____, be happy now
don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be _____
Ain't got no place to lay your head
Somebody came and took your bed
Don't worry, be happy
The landlord says your rent is late
He may have to litigate
Don't worry, be happy
Oh, ooh ooh ooh oo-oo ooh oo-oo don't
worry, be happy
Here I give you my phone number when you
worry, call me, I make you happy, don't worry,
be happy)
Don't worry, be happy
Ain't got no _____, ain't got no style
Ain't got no gal to make you smile
Don't worry, be happy
'Cause when you worry your face will

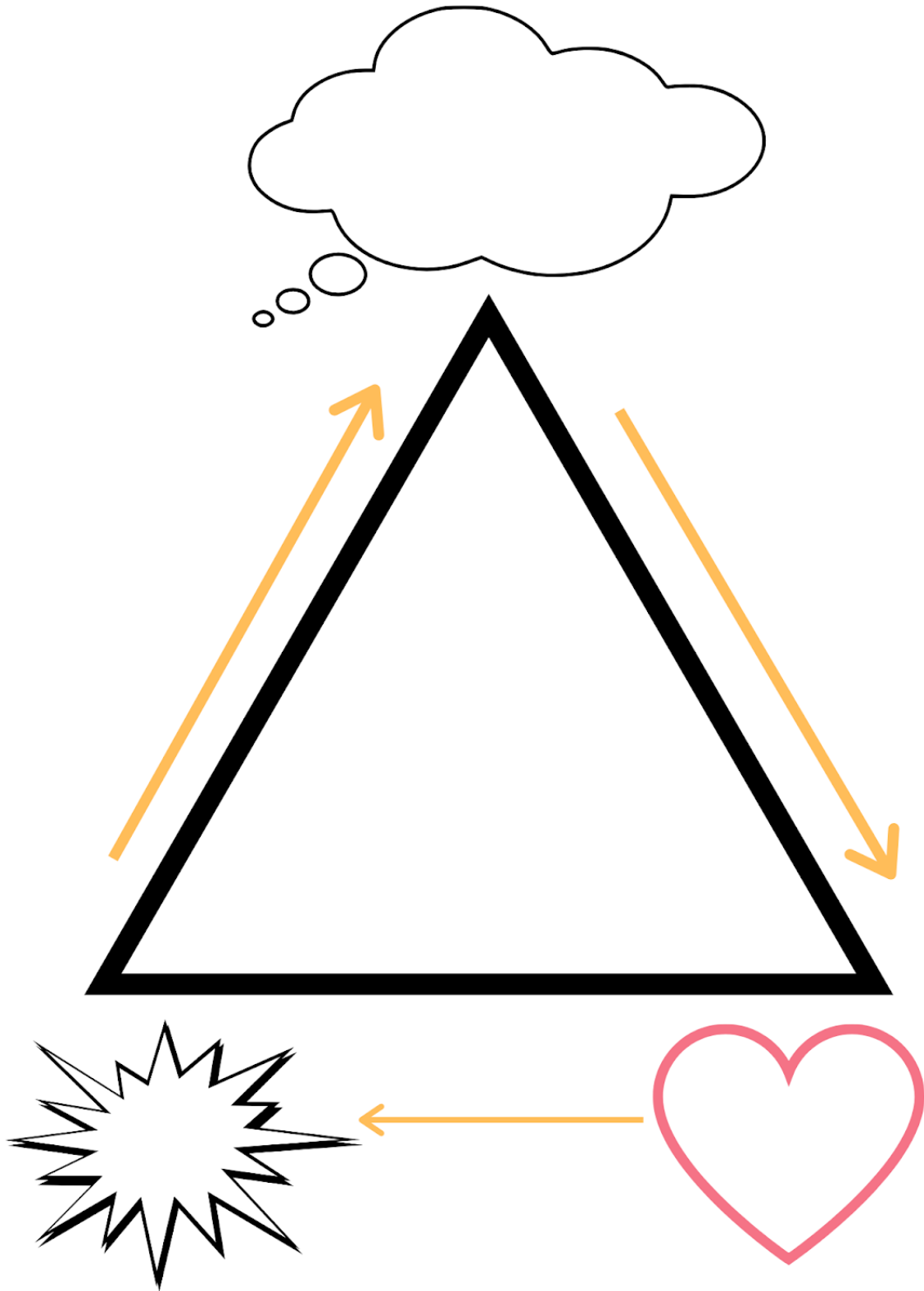
And that will bring everybody down
So don't worry, be happy

Don't worry, be happy now
(Ohhhhh oh oh) don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
Now there, is this song I wrote
I hope you learned note for note
Like good little children, don't worry, be happy
Now listen to what I said, in your _____
expect some trouble
When you worry you make it double
But don't worry, be happy, be happy now
don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
don't worry
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
don't worry, don't worry
(Ohhhhh oh oh) don't worry, don't do it, be
happy
(Ohhhhh oh oh) put a _____ in your face
(Ohhhhh oh oh) don't bring everybody down
like this
don't worry
(Ohhhhh oh oh) it will soon pass, whatever it is
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) I'm not worried, I'm happy

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LESSON 15: WORRISOME (2)

ANNEX 1



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LESSON 15: WORRISOME (2)

ANNEX 2



1			
2			
3			

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LESSON 16: REVIEW BLOCK 2

ANNEX 1 WORDS

WORDS		
MONKEY MIND	TRIANGLE	THOUGHT
FEELING	WORRY	FUTURE
FEAR	FAIL	TRY
MISTAKE	CAN	CANNOT
AFRAID	ANIMAL	LOVE YOURSELF!

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LESSON 16: REVIEW BLOCK 2

ANNEX 1 WORDS

WORDS		
FRIENDS	LAUGH	SELF-ESTEEM
SELF-CONFIDENCE	POSITIVE	LEARN
HELP	ACTION	FAMILY
TEACHERS	AFRAID	PREDICTION
PREDICTION	SCHOOL	?

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LESSON 16: REVIEW BLOCK 2

ANNEX 2

HOW



?

?

?