SELF-ESTEEM, SELF-CONFIDENCE AND WORRISOME.

BLOCK II
TEACHING AIDS AND HOMEWORK

OUR FUTURE IS NOW
LESSON 9: REVIEW BLOCK 1

(ANNEX 1)
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:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
LESSON 9: REVIEW BLOCK 1

(ANNEX 3)
LESSON 10: KNOWING YOURSELF

(ANNEX 1)
### Lesson 10: Knowing Yourself

#### (Annex 2)

<table>
<thead>
<tr>
<th>Clever</th>
<th>Brave</th>
<th>Easy-Going</th>
<th>Friendly</th>
<th>Funny</th>
<th>Generous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard-working</td>
<td>Kind</td>
<td>Polite</td>
<td>Responsible</td>
<td>Helpful</td>
<td>Reliable</td>
</tr>
<tr>
<td>Organized</td>
<td>Committed</td>
<td>Confident</td>
<td>Humble</td>
<td>Honest</td>
<td>Strong</td>
</tr>
</tbody>
</table>

### အကြောင်းအရာများ

<table>
<thead>
<tr>
<th>စိတ်မပူတတ်</th>
<th>ယော်ဝါ</th>
<th>ဗုဒ္ဓမာရိ အယ်လှမ်း</th>
<th>သွားလွန်</th>
<th>ရယ်စရာ</th>
<th>ရယ်စရာ</th>
</tr>
</thead>
<tbody>
<tr>
<td>ကြက်အန်း</td>
<td>ကျယ်</td>
<td>သူဦးချောင်း</td>
<td>ပါတ်လှမ်း</td>
<td>နေထိုး</td>
<td>နေထိုး</td>
</tr>
<tr>
<td>ကင်နာတတ်</td>
<td>ယေက်စ</td>
<td>ပျော်ရွှင်</td>
<td>အံ့များ</td>
<td>ကြည်စရာ</td>
<td>ကြည်စရာ</td>
</tr>
<tr>
<td>စားသား</td>
<td>ကူညီမှု</td>
<td>စိတ်ကြက်</td>
<td>ယံုကည်</td>
<td>စိတ်ပူး</td>
<td>စိတ်ပူး</td>
</tr>
</tbody>
</table>

### Our Future is Now

#### Emotional Resilience Program From Play
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
# Lesson 11: Self-Esteem

## Appearance

<table>
<thead>
<tr>
<th>Tall</th>
<th>Short/Small</th>
<th>Fat</th>
<th>Weak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong</td>
<td>Big</td>
<td>Handsome/Beautiful</td>
<td>Ugly</td>
</tr>
</tbody>
</table>

## Personality (1)

<table>
<thead>
<tr>
<th>Friendly</th>
<th>Obedient</th>
<th>Humble</th>
<th>Honest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talkative</td>
<td>Sensitive</td>
<td>Jealous</td>
<td>Selfish</td>
</tr>
</tbody>
</table>

## Personality (2)

<table>
<thead>
<tr>
<th>Brave</th>
<th>Easy going</th>
<th>Polite</th>
<th>Kind</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lazy</td>
<td>Angry</td>
<td>Worried</td>
<td>Innocent</td>
</tr>
</tbody>
</table>

I AM....
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)
<table>
<thead>
<tr>
<th>POSITIVE</th>
<th>NEGATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good job</td>
<td>Come on, focus!</td>
</tr>
<tr>
<td>This is great!</td>
<td>This is not ok!</td>
</tr>
<tr>
<td>No worries, next time!</td>
<td>Are you kidding me?</td>
</tr>
<tr>
<td>This is perfect!</td>
<td>You are not trying.</td>
</tr>
<tr>
<td>This is very nice!</td>
<td>You don't take it seriously</td>
</tr>
<tr>
<td>I can see your improvements!</td>
<td>Are you stupid?</td>
</tr>
<tr>
<td>Don’t give up!</td>
<td>This is all you can do?</td>
</tr>
<tr>
<td>One more time and you’ll have it!</td>
<td>I am not happy with that</td>
</tr>
<tr>
<td>I think you can do it!</td>
<td>That’s terrible</td>
</tr>
</tbody>
</table>
### Lesson 12: Self-Esteem (2)

#### 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.
I am happy and proud of...

DAYS OF THE WEEK

1
2
3

I am happy and proud of...

DAYS OF THE WEEK

1
2
3
### Lesson 13: Self-Confidence

#### (Annex 1)

<table>
<thead>
<tr>
<th>Dance</th>
<th>Drive a Motorbike</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sing</td>
<td>Draw</td>
</tr>
<tr>
<td>Cook</td>
<td>Speak English</td>
</tr>
<tr>
<td>Play Football</td>
<td>Drive a Car</td>
</tr>
<tr>
<td>Do the Homework</td>
<td>Listen to Your Teacher</td>
</tr>
<tr>
<td>Fly</td>
<td>Tickling Yourself</td>
</tr>
<tr>
<td>Gleenking</td>
<td>Twitching Your Noses</td>
</tr>
<tr>
<td>Touching Your Chin or Nose with Your Tongue</td>
<td>Moving Limbs in the Opposite Direction</td>
</tr>
</tbody>
</table>
### Lesson 13: Self-Confidence

**Annex 2**

<table>
<thead>
<tr>
<th>I think I cannot...</th>
<th>I will try to...</th>
</tr>
</thead>
</table>
| **Speak English**   | - Try to speak more with my teachers  
                      - Try to speak with foreigners when I see them |
<p>| 1.                  |                  |
| 2.                  |                  |
| 3.                  |                  |</p>
<table>
<thead>
<tr>
<th>အမွေအမြင့်</th>
<th>အရေးပေါင်းစွာ ပေးပေါ်လျှင်</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="School Image" /></td>
<td>-</td>
</tr>
<tr>
<td><img src="image2" alt="Children Image" /></td>
<td>-</td>
</tr>
<tr>
<td><img src="image3" alt="Students Image" /></td>
<td>-</td>
</tr>
<tr>
<td><img src="image4" alt="Mirror Image" /></td>
<td>-</td>
</tr>
</tbody>
</table>

LESSON 14: WORRISOME (1)

(ANNEX1)
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
(Ohhhhh oh oh) be happy
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) don't worry
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) don't worry, be happy
(Ohhhhh oh oh) don't worry
(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 life 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) don't worry, be happy
(Ohhhhh oh oh) don't worry, 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 smile 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

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
(Ohhhhh oh oh) don't worry
(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 life 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) don't worry, be happy
(Ohhhhh oh oh) don't worry, 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 smile 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
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 ________, 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-ooh ooh oo-ooh 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, don’t worry
don’t worry
(Ohhhhh oh oh ) be happy
(Ohhhhh oh oh) don’t worry, be happy
don’t worry, 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
### LESSON 15: WORRISOME (2)

#### ANNEX 2

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td></td>
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<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Annex 1 Words

<table>
<thead>
<tr>
<th>Words</th>
<th>Monkey Mind</th>
<th>Triangle</th>
<th>Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Future</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fear</td>
<td></td>
<td>Fail</td>
<td>Try</td>
</tr>
<tr>
<td>Mistake</td>
<td></td>
<td>Can</td>
<td>Cannot</td>
</tr>
<tr>
<td>Afraid</td>
<td></td>
<td>Animal</td>
<td>Love Yourself!</td>
</tr>
</tbody>
</table>
### Annex 1 Words

<table>
<thead>
<tr>
<th>Words</th>
<th>Friends</th>
<th>Laugh</th>
<th>Self-Esteem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Confidence</td>
<td>POSITIVE</td>
<td>LEARN</td>
<td></td>
</tr>
<tr>
<td>Help</td>
<td>ACTION</td>
<td>FAMILY</td>
<td></td>
</tr>
<tr>
<td>Teachers</td>
<td>AFRAID</td>
<td>PREDICTION</td>
<td>School</td>
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<tr>
<td>Prediction</td>
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### Lesson 16: Review Block 2

#### Annex 2

<table>
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<tr>
<th>HOW</th>
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<tbody>
<tr>
<td><img src="image1" alt="Action!" /></td>
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<tr>
<td><img src="image4" alt="Action!" /></td>
</tr>
<tr>
<td><img src="image7" alt="Action!" /></td>
</tr>
</tbody>
</table>

---

Our Future is Now

Emotional Resilience Program from Play Inside