



## My Skills and Qualities Teaching Ideas

**Learning Objective:** To understand how the way in which personal qualities, attitudes, skills and achievements are valued can affect confidence and self-esteem.

**Success Criteria:**

- To identify your personal skills and qualities.
- To write a paragraph detailing your personal skills and qualities.
- To reflect on how sharing personal information can affect confidence and self-esteem.

**Context:** In this lesson, students consider their own personal skills and qualities as well as the skills and qualities of their classmates. This would be ideal material for form time or for a PSHE lesson.

For the plenary, you will need to cut out the skills and qualities listed on the activity sheet to distribute to class members.

### Starter

#### The Best Things about Me

Students work in pairs and ask each other what the best things about them are. Listen to the conversations taking place and ensure that students are being considerate and respectful of each other. Point them to the keywords on the slide if they are having trouble thinking of words.

### Main Activities

#### Skills and Qualities

Ensure that all students understand the difference between skills and qualities, using the definitions provided. It might be helpful to discuss some examples at this point.

Students then work through the [What Are My Qualities and Skills Activity Sheet](#) and complete the tasks. They will need to work individually and in pairs to complete all of the activities.

#### How Do You Feel?

Ask students how they feel about discussing their skills and qualities with their peers. Ask if any would like to share their writing with the rest of the class. If they seem reluctant, ask them why.

Ask students if they would feel happier to share their work with a small group. Why?

The idea is to try to get students to identify how they feel about themselves and to be proud of their skills and qualities. Many students will not be openly proud of their abilities and this can be an interesting discussion point. They might agree that they would share this information with a trusted friend or family member but nobody else. You could discuss the difference between 'showing off' and being proud or confident.

### Plenary

Hand out individual skills and qualities to different members of the class and ask them to identify one person who has that particular quality.