

LESSON PLAN

Thematic Field: *Digital Competences*

Title: *Body confidence, workshop 3*

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List of Activities

Reference	Title	Level
L1	<i>Workshop about Confronting comparisons</i>	L1- Easy
L2		L2- Average
L3		L3- Advanced

Activity Title: Workshop about Confronting comparisons

Level: L1- Easy

Duration: 45min

Short description - Goals

Goals: Understand that comparing looks to individuals and media images is automatic and part of human nature.

Other aims of the activity:

- Identify the ways in which the process of comparing looks often has negative consequences for themselves and their friends.
- Develop new ways to respond to comparison situations that have positive outcomes for themselves and people around them.

Method: *Presentation + Discussion.*

Requirements – Instructions

The realization of the activity requires:

- 1) *Computer and Projector + whiteboard*
- 2) *Workshop teachers guide + workshop presentation (pdf)*
<https://www.dove.nationalschoolpartnership.com/resources>
Filename: confront_comparisons_-_teacher_guide.pdf
Filename: confront_comparisons_-_student_presentation.pdf
- 3) *Three activity sheets (one set per student).*
- 4) *On Going further sheet (one per student)*
Filename: confront_comparisons_-_student_activity_sheets.pdf
- 5) *Pens, spare papers, flipcharts and markers*

Scenario

Teacher leads the lesson according to the Workshop teachers guide by showing the Workshop presentation with text, images and filmclips. During the presentation students will work with the activity sheets and discuss the topics.

Suggestions:

Conclusions: *Conclusions are checked by filling out the "Going further"-sheet and also by discussing, at the end of the activity, what the students have learned.*



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