

EXPERIENTIAL LEARNING

Lesson: The Little Fir Tree

Activity name	I AM HAPPY WITH MYSELF (J.A.M SESSION)
Level	IV
Skill	Creative Thinking, Effective communication, Coping with emotions
Time	2 periods of 40 minutes each
Grouping of students	Individual
Materials	Stopwatch

Learning Outcomes:

- develop interpersonal communication skills
- connect and organize ideas in a logical sequence
- appreciate self esteem and cultivate creativity
- enhance expressions, voice modulation and body language

Stages:

- Setting up (giving instructions – guidelines, objectives, time limit): 5 minutes
- Creating and compilation time: 15 minutes
- Presentation: 50 minutes
- Discussion and feedback: 10 minutes

Teacher Activity- Teacher will:

- apprise the students about J.A.M (Just a Minute) session
- instruct the students to analyse the lesson and interpret the theme of the lesson
- discuss the importance of self-esteem, individuality and contentment
- guide the students to share their views on the topic 'I am happy with myself' in a minute
- summarize and share her observations

Student Activity- Students will:

- comprehend the concept of J.A.M session
- analyse and interpret the theme of the lesson
- express their feelings and thoughts on self-esteem, individuality and contentment
- speak for one minute on the topic 'I am happy with myself'
- share feedback of their peers' performance

LET ME EVALUATE MYSELF**WORKSHEET**

1. If you get a chance what wishes would you ask from the magician?

2. 'We should be happy in what we have.' Suggest a few ways to be happy and contented in life.

3. Describe any one quality that you find best in yourself.
