

## Lesson



## I'm Happy with who I am



### Pre-reading

Dictionary Reference: Learning New Words

#### Activity 1

Look up the following words in a dictionary. You should seek the following information about the words and put them in your WORDS notebook.

1. Meaning of the word as used in the poem (adjective/noun/verb, etc.)
2. Pronunciation (The teacher may refer to the dictionary or the mobile phone for correct pronunciation.)
3. Spellings

mirror	index finger	confident
precious	being	matter

### Reading

Let us read the poem

#### I'm Happy with who I am

I often look into the mirror  
And I like what I see,  
I see myself looking back at me  
Showing the index finger  
Saying no one can be like me.



I'm unique, the mirror tells me  
I'm precious, I matter  
The world has a need of me  
If I smile and make it better  
Saying no one can be like me

Be confident, says the mirror  
Whatever you are, be happy.  
I believe in myself, my being  
My size, my shape, my colour  
I'm happy with who I am!



Vandana Lunyal

### Post-reading

### Vocabulary Expansion

#### Activity 2

Pick up words from the text rhyme with the following words.

1. me \_\_\_\_\_ , \_\_\_\_\_
2. mirror \_\_\_\_\_ , \_\_\_\_\_

#### Activity 3

Read the following words and use them in meaningful sentences.

1. precious \_\_\_\_\_
2. confident \_\_\_\_\_

## Learning to Read and Comprehend

### Activity 4

Read the poem and answer the following question.

What does the poet see in the mirror?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

### Activity 5

Make a list of the things that the poet says about herself.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

## Learning Language

### Activity 6

Use of 'is', 'am', 'are' .

Look at these sentences :

- 1. I **am** honest.
- 2. They **are** working hard.
- 3. He **is** reading a newspaper.
- 4. You **are** very intelligent.

The words in bold - 'is', 'am', 'are', are helping verbs.

- 1. 'am' is used with 'I'.  
I am doing my work.
- 2. 'is' is used with singular subjects.  
She is my best friend.  
Rohit is singing a song.
- 3. 'are' is used with 'you' and plural subjects.  
You are very beautiful.  
Anu and Neha are good friends.



## Learning to Listen

### Activity 7 (Pair work)

The teacher will choose simple pictures of trees, flowers, hut, etc. for the students. Sit with your partner facing another side. Your partner will describe a picture. The teacher will give one student a simple photograph and the other a blank piece of paper. The first student will describe in detail the photograph, while the second student will try to draw it on the paper:

Students can use phrases as

1. I am going to describe a/an ...
2. It is red/blue/green...
3. The \_\_\_\_\_ is very big/small/shady/tall...

The teacher will collect all the photos and the drawings and select the drawing that is closest to the verbal description. The teacher will show the photo to the students and tell them why she/he has chosen that picture.

## Learning to Speak

### Activity 8

Our parents love us. They say the best things to us. Do we love ourselves? Do you think we should believe in ourselves? Yes! We must if we want to give our best to other people, we must think that we are good. We must think that we can do it. Now, look at the chart given below. Read it carefully. Animal parents also love their children. Now get into pairs. Say all the sentences in the chart to your partner. Take turns in speaking. When you have finished saying to your partner, say all the sentences to yourself. Remember to add YES before each sentence.

### Positive Things to Say to Myself

- |   |  |
|---|--|
| ● I love myself.  | ● I matter.  |
| ● The world has a need for me.  | ● I am strong.                                       |
| ● I am unique.  | ● My confidence is beautiful.                        |
| ● I can handle this one step at a time.                               | ● My smile can make someone feel better.             |
| ● The sun is shining ; I am ready to take<br>on another day.          | ● I am a good person.                                |
| ● I am smart.   | ● I keep going because I believe in myself.          |
| ● I believe I can change the world.<br>(or at least my corner of it). | ● I am special: I will not change myself for anyone. |
| ● I am important .  |  |

## Learning to Write

### Activity 9

Write a short paragraph on 'What I like about myself'. You may use the sentences given in the chart for guidance.

**'What I like about myself'**

60-70 words.

## Learning to Use Language

### Activity 10

Complete the following worksheet.

My name \_\_\_\_\_

My age \_\_\_\_\_

My height \_\_\_\_\_

My colour \_\_\_\_\_

My hair \_\_\_\_\_

My hobby \_\_\_\_\_

My favourite Book \_\_\_\_\_

My favourite Sport \_\_\_\_\_

My dream \_\_\_\_\_

My Picture



Share your sheet with your partner. Are your answers the same? Are they different?

In what ways are you both different from each other? The beginning is given :

Our names are different. My name is \_\_\_\_\_. His/her

name is \_\_\_\_\_. Our age is different. I am \_\_\_\_\_ years.

He/She is \_\_\_\_\_ years old. Our heights \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---