

TREND TASK



Self-Worth

**Approach:** One to one

**Focus:** Personal attitudes.

**Resources:** Picture, answer book.

**Level:** Year 4 and year 8

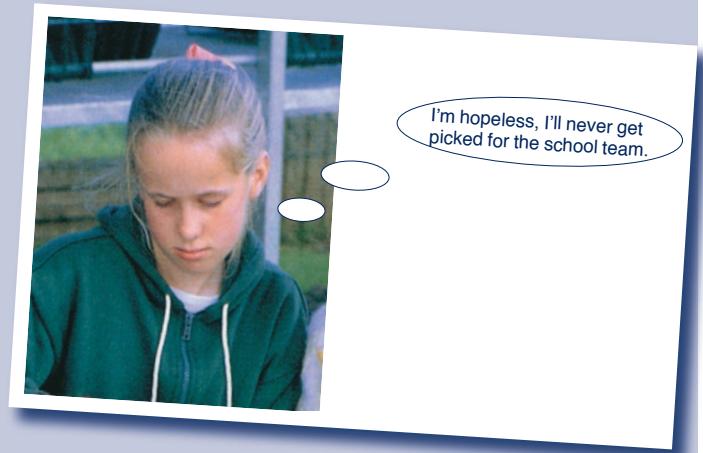
**Questions/instructions:**

Show picture of Jo.

Jo is really keen to be picked for a school team, but she thinks she will miss out.

She thinks she won't be chosen. You can see that Jo isn't feeling very good about herself.

She's saying "I'm hopeless, I'll never get picked for the school team."



1. What do you think might happen when a person thinks about themselves like this?

**Explained consequences for feelings:**

|                        | % responses |            |
|------------------------|-------------|------------|
|                        | 2002 ('98)  | 2002 ('98) |
|                        | year 4      | year 8     |
| good insight/awareness | 2 (0)       | 7 (2)      |
| some understanding     | 14 (6)      | 42 (31)    |
| other                  | 84 (94)     | 51 (67)    |

**Explained consequences for behaviour:**

|                        | % responses |            |
|------------------------|-------------|------------|
|                        | 2002 ('98)  | 2002 ('98) |
|                        | year 4      | year 8     |
| good insight/awareness | 0 (0)       | 3 (0)      |
| some understanding     | 15 (9)      | 37 (32)    |
| other                  | 85 (91)     | 60 (68)    |

Show student the answer book.

2. Can you think of something different to write in the speech bubble?  
Something that might be a more positive and helpful way for Jo to think?

You tell me and I'll write it in this speech bubble for you.

|                                                | % responses |            |
|------------------------------------------------|-------------|------------|
|                                                | 2002 ('98)  | 2002 ('98) |
|                                                | year 4      | year 8     |
| speech bubble response is positive and helpful | 84 (79)     | 91 (95)    |

3. What do you think might happen when a person thinks about themselves in a positive and helpful way?

**Consequences for feelings:**

|                        | % responses |            |
|------------------------|-------------|------------|
|                        | 2002 ('98)  | 2002 ('98) |
|                        | year 4      | year 8     |
| good insight/awareness | 0 (0)       | 5 (1)      |
| some understanding     | 14 (8)      | 28 (26)    |
| other                  | 86 (92)     | 67 (73)    |

**Consequences for behaviour:**

|                        | % responses |            |
|------------------------|-------------|------------|
|                        | 2002 ('98)  | 2002 ('98) |
|                        | year 4      | year 8     |
| good insight/awareness | 0 (0)       | 3 (1)      |
| some understanding     | 14 (6)      | 31 (29)    |
| other                  | 86 (94)     | 66 (70)    |

|                     | % responses |            |
|---------------------|-------------|------------|
|                     | 2002 ('98)  | 2002 ('98) |
|                     | year 4      | year 8     |
| <b>Total score:</b> | 6-8         | 0 (0)      |
|                     | 4-5         | 3 (0)      |
|                     | 2-3         | 15 (6)     |
|                     | 0-1         | 82 (94)    |

**Commentary:**

Few year 4 students were able to discuss the probable consequences of negative or positive personal feelings. Year 8 students also struggled but did substantially better than year 4 students. For both year 4 and year 8 students, there was some improvement between 1998 and 2002.