

## Kiritau — Self Worth

**Approach:** One to one

**Focus:** Personal attitudes.

**Resources:** Picture, answer book.



### Questions/instructions:

Show picture of Jo.

Whakaaturia te whakaahua o 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?

Tino hīkaka a Jo kia tohua ia mō tētahi tīma-ā-kura engari, he whakaaro tōna, ka hapa ia. Kāore ia e kōwhiria. Kitea ana tōna pāpouritanga.

Kei te whakaaro ia, "He koretake ahau, kore rawa ahau e kōwhiria mō te tīma-a-kura."

1. He aha ōu whakaaro pēnā te tangata ka whakaaro pēnei, mōna anō?

#### Explained consequences for feelings:

	% responses	
	GEd	MI
good insight/awareness	5	3
some understanding	37	34
other	58	63

#### Explained consequences for behaviour:

good insight/awareness	1	8
some understanding	34	29
other	65	63

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.

Whakaaturia te puka tuhinga ki te ākonga.

2. Ka taea anō e koe tētahi mea rerekē hei tuhi ki te pūangi kōrero? Tērā pea he kōrero hei whakakaha, hei āwhina rānei i a Jo. Kōrerohia mai, ā, māku e tuhi i te pūangi kōrero.

speech bubble response is positive and helpful

% responses  
GEd MI

91 95

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

3. Ki tō whakaaro, ka aha te tangata mēnā ka whakaaro huapai mōna ake anō?

#### Consequences for feelings:

good insight/awareness	1	0
some understanding	25	36
other	74	64

#### Consequences for behaviour:

good insight/awareness	0	8
some understanding	26	20
other	74	72

#### Total score:

6-8	0	0
4-5	11	8
2-3	26	32
0-1	63	60

#### Commentary:

The results achieved by Māori students in general education (GEd) settings and students in Māori immersion (MI) settings were not statistically significantly different.