

Grade 8 Life Orientation Worksheet

Positive self-concept - group activity

Self-concept is what you understand about yourself. This refers to your beliefs regarding your personality traits, physical characteristics, abilities, values, goals, and roles. It is not cast in stone and negative self-concepts can be changed. It is important to develop a good self-concept in order to value your full potential.

Your self-concept influences how you regard yourself and your environment.

If you have a good self-concept, then not only do you see yourself in a positive way, but you are positive about what you can do or achieve. You are also more confident about your likes and dislikes and less afraid to express those feelings. You therefore are less likely to end up in situations that you are not comfortable with. You will have less of a need to feel as though you “fit in”, knowing full well that what you do and where you fit is just fine.

Can you see why it is so important to develop a healthy self-concept?

Activity 1: Discussion of positive self-concept (Group activity)

Divide into groups of about 5 learners per group.

- a) Discuss what actions and behaviours you think lead to a positive self-concept.
- b) Write down the points from the group discussion.

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Your teacher will assess your participation in the group discussion using this checklist.

Checklist for observation of group discussion			
Name: _____		Date: _____	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood the concept of positive self-concept?		
4	Keep to the topic under discussion?		
5	Cover all the points listed above?		
6	Give reasons to support alternative points of view?		
7	Make points clearly, using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
2 marks for every 'yes' answer: 20 total			

Activity 2: Write positive qualities of other people in the group (Group activity)

Remain in your same group for the next activity.

Did you know that your self-concept can be influenced by your environment and people around you? Children who grow up being told that they are ugly or stupid will certainly have a lower self-concept than children who are brought up with kind words and praise.

In this activity:

- Write each person's name in your group on a separate piece of paper.
- Under their name, write at least 4 **positive** qualities that you can see or know about that person.
- When everybody has completed their lists, stand up from your seated position and place each of your four papers on the relevant person's seat.
- When each person returns to his/her position, s/he will have 4 sheets of paper with positive comments on.
- Smile and enjoy!

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Your teacher will assess your participation in the activity using this checklist.

Checklist to assess task			
	Criteria: Did the learner:	Yes	No
1	Write the name of each person in the group onto a separate piece of paper?		
2	Write at least 4 positive qualities for each person?		
3	Understand what positive qualities are?		
4	Write the qualities neatly and legibly?		
5	Contribute to the positive self-image of his/her peers?		
2 marks per 'yes' answer. Total 10			

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Suggested Solutions

Question number	Possible marks	Solution
1	20	See checklist 1 in Appendix of Assessment Tools.

1. Checklist to assess participation in the group discussion

Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood the concept of positive self-concept?		
4	Keep to the topic under discussion?		
5	Cover all the points listed above?		
6	Give reasons to support alternative points of view?		
7	Make points clearly, using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
2 marks for every 'yes' answer: 20 total			

2. Checklist to assess task

	Criteria: Did the learner:	Yes	No
1	Write the name of each person in the group onto a separate piece of paper?		
2	Write at least 4 positive qualities for each person?		
3	Understand what positive qualities are?		
4	Write the qualities neatly and legibly?		
5	Contribute to the positive self-image of his/her peers?		
2 marks per 'yes' answer. Total 10			