

FROM THE
UK'S NO.1
KIDS COACH

BEING ME (AND LOVING IT)

STORIES AND ACTIVITIES TO HELP BUILD
SELF-ESTEEM, CONFIDENCE, POSITIVE BODY IMAGE
AND RESILIENCE IN CHILDREN



NAOMI RICHARDS AND JULIA HAGUE

STORY TEN

TALENT SHOW

(ABOUT FEELING LIKE YOU'RE USELESS AT EVERYTHING WHEN YOU ARE NOT)

NOAH'S STORY

EDUCATORS' NOTES

Suggested age for story – 10–11 years old

Children need to learn not to second-guess what others are thinking about them. Second-guessing can change the way children feel about themselves and it can lower their self-esteem. It does this by planting negative thoughts in their heads about who they are. We never know what someone thinks about us unless we ask them.

We need to be confident about who we are and we should not hide our talents. Children should share their talents with others so that others can learn from them. This will increase their self-esteem and make them feel good. Children also need to understand that just because they are not knowledgeable in a certain area, it does not make them talentless.

All children need to be encouraged to try new things, to develop and nurture talents and see what they are good at. Trying new things will help them to develop a wider range of skills and breadth of life experience. We also need to teach children that sometimes they will not be great at something, and that is all right, because no one is good at everything.

All pre- and post-lesson exercises can be used for evaluation purposes if required.

LEARNING OUTCOMES

- Do not guess what others think about you.
- Everyone has talents – be brave and share them.

- Try new things.
- Don't be afraid of failing at something.
- No one is good at everything.

INTRODUCTION STATEMENT

What other people think of us is not as important as what we think about ourselves. We need to recognise what we are good at and what we are not so good at. We also need to not second-guess what others think about us. For example, if you don't do well in a maths test there is no reason to think that everyone must think you are stupid. That thought may not have crossed their mind because they know you are smart in other areas.

Show off your talents and let others learn from you in the subjects that you do know lots about and when it comes to trying new things you will never know how good you are unless you try. Have the confidence to say to yourself, 'I may be great at this so I need to have a go, and if I don't do well the first time, then I can practise and get better. If I try something several times and I don't get better it doesn't matter.'

No one person is good at everything. Remember that. Who wants to be perfect anyway?

PRE- AND POST-LESSON EXERCISE

Before reading the story ask the children what stops them showing off their talents? Get them to share their thoughts. After the story get them to share how they now think about sharing their talents.

Let's read about Noah who was scared to show off his knowledge and to try new things. It seems the thoughts in his head were stopping him.

NOAH'S STORY

I used to think I knew what people thought about me.

I used to think that everyone thought I was useless.

I don't know why I thought it.

Maybe it was because I was last at a lot of things at school.

Or maybe because I never seemed to get picked for anything.

So I got it into my head that at school they thought I couldn't do anything.

That I was useless.

But what I didn't know was that they didn't think that at all.

And they didn't understand why I hid my talents from them at school.

Or why I always got bad marks or didn't turn up to try for sport or school plays.

Then one day things changed.

My school friends and the teachers saw the real me. The out-of-school me.

The me who hangs out with my friends in our Cub pack.

The me who put up a tent in ten minutes flat when everyone else didn't know where the poles went when we went on camp.

The me who can tell everyone which star they are looking at when we're sitting around the campfire.

The me who knows what type of bird is singing in the trees when we wake up in the morning.

The me who isn't useless at everything.

But I didn't think that was the me that anyone at school knew.

Then one day, about three weeks ago, something happened that changed my mind from me thinking everyone thought I was useless to knowing everyone knew that I wasn't.

My science teacher told the class that we were going to start looking at space and the sky.

I was so excited.

I knew stuff about space and the sky.

I was good at it.



So every time the teacher asked a question about the night sky, I put my hand up.

And I got it right.

Every single time. Every question I got right.

The teacher stopped me after class and said how impressed she was with what I knew.

She said that she'd always known I was talented and I left the classroom walking on air.

I decided then that I should try more.

And that next week I should go and try out for the annual school play. For the first time ever.

Because I don't know if I'm good at acting but I'd like to try and see.

And if I don't get picked then that's okay.

It won't be because they think I'm useless.

It will be because someone else might be better at acting than me.

Just like I'm better at naming stars and comets than everyone in my class.

I've realized that we can't all be talented at the same things.

But we do all have talents.

You just have to find out what and then show the rest of the world.

But you also have to realize that the rest of the world might just have noticed you were talented already.



NOTES TO SUPPORT THE DISCUSSION

In Noah's story his friends always knew he was clever but Noah did not think so. Once he started to show that he knew lots about the stars and space he started to feel good about what he knew and his teacher was impressed. His friends probably were too.

Just like Noah we never know how good we are until we try. We never know how other people are going to respond to us when we share a part of ourselves that we think other people do not see. Most of the time we are pleasantly surprised and the response is good. People like what they see.

We need to share who we are so that others can learn from us and also see that we are not just one sided. We have lots of different interests and know lots of interesting things. Our thoughts can sometimes hold us back from trying, which is not helpful. If we can change those thoughts into more helpful ones we will be able to feel proud of what we know and want to try new things.

DISCUSSION QUESTIONS TO ASK THE CHILDREN

- What did you think of Noah's story?
- What do you think changed for Noah for him to start answering the questions on space?
- What different thoughts do you think he had?
- What do you think about second-guessing what other people think of you?
- How do you feel about showing off your talents? What is stopping you?
- Have you always wanted to try a new activity but haven't? If so, why not?

A DIFFERENT ENDING

Ask the children if Noah had not decided to put his hand up and get involved in the space lesson how do they think the story would have ended? Ask them to write another ending for the story.

TALENT SCOUTS

Ask the children to get into twos and design a poster encouraging people to participate in an activity they would like to take part in themselves. It should be something they do not already do or are not already are good at and should mention the type of skills they might learn by taking part.

PEN PALS

Get the children to write a letter to someone they have not met before and get them to share in the letter what they are great at, what they are good at and what they are not so good at.

DANGEROUS THINKING

Noah believed everyone thought he was useless and could not do anything well. If he was standing in front of the group what advice would they give him? How could they change his negative thoughts into more positive ones? Put the children into twos to share their thoughts and then ask them to share them with the group.

CIRCLES

Draw a large circle on the whiteboard and ask the children for general suggestions of skills/talents that they are good at and ones they are not good at but would like to be. Put the name of the skill/talent into the circle when it is called out. At the end see how many skills/talents are in there and how varied they are.
