



Heroes Lesson Plan

7 Help Me Help You

Recommended Age Group: Secondary

Duration: 3 hours

Equipment required: flipcharts or paper pinned to the wall and pens

'Self-Help' contained biographical sketches, anecdotes and inspirational quotes from a wide range of men who displayed the necessary qualities of character to inspire readers. Smiles promoted many virtues including, self-reliance, thrift, duty and hard work. The main quality Smiles wanted to promote was perseverance - the determination to overcome problems and setbacks. His message was that success in life depended not on individual genius or intellect but on good character and hard work. Many of the stories in 'Self-Help' repeat and reinforce this message.

Smiles wrote in a catchy and witty style and many of the things he said were often shortened into bite-sized pieces of advice or mantras which people could use to help them think about their lives. This style is a popular tool of the self-help genre today. The activities in this lesson plan encourage your pupils to think about why such mantras are useful and what their own would be.

Warm Up

Tig (15mins)

- Use the traditional concept of tig but to keep the energy and pace going at all times choose a few people to be the tiggers.
- When a pupil is 'tug' they should stand and say "I need help" and to release someone a pupil should say "All you need is you".
- When energy is dipping ask the class as a whole to show what you must say and do if you are caught and how to release someone. Ask them to be more controlled with gestures and project their voice with clarity in the delivery of their lines.

A carousel of advice (20 mins)

- Place marker pens and three large sheets of paper in stations around the classroom with the following headings:
 - "You should always..."
 - "You should never..."
 - "Life is about..."

- Get pupils to work individually, spending 10 minutes moving around the stations completing an ending to the starter headings.
- Come back as a group and discuss.

If only...(15 mins)

- Get pupils to sit in a circle and present this question to them:
 “If you could read a book and get better at something what would it be?”
- Each pupil should be given the opportunity to discuss the subject that they want to further their learning and talent in.

Core Activity

Define this (50 mins)

- To help develop an understanding of the following phrases and words get pupils to create an improvisation for a short video clip that will go on YouTube:
 Self-reliance
 Self-improvement
 Perseverance
 Self-help
- Use examples relating to modern-day living.
- Perform the work and discuss.

Devised drama (1 hour)

- Split pupils into three groups. Give each group one of the following quotes:
 ‘The duty of helping oneself in the highest sense involves the helping of one’s neighbours’
 ‘The spirit of self-help is the root of all genuine growth in the individual’
 ‘Life will always be to a large extent what you make it’
- Ask them to develop a story inspired by the quote, imagining this had been the headline in a newspaper.
- Imagine what the associated picture would be? What characters would be involved? What is the setting? Why would this story be written?
- Perform the work and discuss.

Endings

Your own mantra (20mins)

- Using ideas from the ‘carousel of advice’ exercise, ask students to write their own mantra, anonymously, that they feel gives sound advice and good direction.
- Get them to consider that a mantra is something that is used passionately by people to live their life by.
- Collect the anonymous mantras and distribute them back out to the class so each pupil has someone else’s mantra to read out. Discuss as a group.

Potential Development

- Get students to write a newspaper article to accompany one of the headlines below:
'Self-help gone wrong'
'Self-help changed my life'

Ask pupils to consider:

- Who (does this story involve)?
- What (is this story about)?
- Where (does this story take place)?
- Why (should this story be told to people)?
- How of the story (detail the people and events)?



NATIONAL
GALLERIES OF
SCOTLAND



SCOTTISH
YOUTH
THEATRE

Scotland's national theatre 'for and by' young people