

LESSON PLAN TITLE: Perfectionism literacy

Learning Outcomes

Increased knowledge of perfectionism characteristics
Increased confidence in talking about perfectionism
Increased willingness to seek help for self and others if needed

Time	Activities
	Starter 5 Ask students to write down what they know about PC– ask them to consider whether they think these characteristics are a good or a bad thing. Teacher Talk / knowledge Acquisition 5 Teacher introduces the lesson with the knowledge that we all fit somewhere on the spectrum for these characteristics. Some have high levels of PC and some have low levels of PC 5 Teachers play the video by accessing the website below. https://www.nace.co.uk/page/perfectionism Main Learning Activity (1. Card sort activity and 2. Card sort activity) 15 1. Perfectionism vs Doing Things Well - in pairs / groups of 4 ask students to place the cards in to 2 groups Group 1 – statements referring to Perfectionism Group 2 – statements referring to Doing Things Well Discussion: Discuss findings, why do we think that there are increasing levels of PC in adolescents? (Research based) Encourage own examples. 15 2. Teacher then explores the 3 flavours and students record them into their books. The three flavours of Perfectionism – again in pairs / groups of 4 ask students to place the cards in to 3 groups representing each flavour of PC Group 1 – Expect yourself to be perfect Group 2 – Expect others to be perfect Group 3 – Others expect you to be perfect Discussion: What are the positives and negatives of each of the three flavours? Application 10 Personal reflection. Draw the PC spectrum from the start. Plot themselves on it. Reflect on why they feel they are there. Are they a Perfectionist or Doing Things Well? Which of the three flavours can they most identify with? Or what do they notice in their friends? (Without naming anyone) Plenary 5 Handy tips and the impact they can have