

**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
	<p><b>Starter</b></p>
5	<p>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.</p>
	<p><b>Teacher Talk / knowledge Acquisition</b></p>
5	<p>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</p>
5	<p>Teachers play the video by accessing the website <a href="#">here</a>.</p>
	<p><b>Main Learning Activity (1. Card sort activity and 2. Card sort activity)</b></p>
15	<p>1. Perfectionism vs Doing Things Well - in pairs / groups of 4 ask students to place the cards in to 2 groups</p> <p>Group 1 – statements referring to Perfectionism                      Group 2 – statements referring to Doing Things Well</p> <p><b>Discussion:</b> Discuss findings, why do we think that there are increasing levels of PC in adolescents? (Research based) Encourage own examples.</p>
15	<p>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</p> <p>Group 1 – Expect yourself to be perfect                      Group 2 – Expect others to be perfect                      Group 3 – Others expect you to be perfect</p> <p><b>Discussion:</b> What are the positives and negatives of each of the three flavours?</p>
	<p><b>Application</b></p>
10	<p>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)</p>
	<p><b>Plenary</b></p>
5	<p>Handy tips and the impact they can have.</p>