

Let someone shine - Humility

EXPLANATION:

If you are humble, you think of others and empathise with their circumstances. This task asks students to help someone shine by recognising their achievements, efforts and skills. Demonstrate your happiness for someone else and celebrate!

YEAR LEVELS: Years 7–10

STUDENT GROUPING: Whole group and individual actions

ACTIVITY LENGTH: Week long activity

LINK TO CURRICULUM:

Health and Physical Education: Sequence of content F-10

Strand: Personal, social and community health

- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing.
- Investigate how empathy and ethical decision making contribute to respectful relationships.

See also Personal and social capability learning continuum sub elements

- Develop reflective practice
- Understand themselves as learners
- Contribute to civil society.

SCOPE OF TASK:

Respectfulness, kindness, generosity, compassion, patience and care are qualities of humility. Humble people will recognise others' efforts and achievements — sometimes instead of highlighting their own.

1. To activate students' prior knowledge, ask about humility. Questions could include:
 - What does humility or being humble mean?
 - Can you think of other words that are associated with humility? Allow students to search the internet if required
 - Why is humility important?
 - What do humble people do?
2. Ask the students to find a quote that they think represents humility. Quotes can be found through searching the internet. Allow 10 mins for the students to find a quote and return to the group to share their findings.
3. Set the students a homework challenge for the week.

Discuss and background the challenge: It is important for our self-esteem to be recognised for our achievements, efforts and to be praised. Therefore, this task requires you to let someone else shine by recognising something that they have done. This may also require you to be willing to go unnoticed for your achievements in order to recognise someone else.

Some examples that might be contextualise the task include:

- Not having the last word in an argument
- Allowing someone to tell their story when you really have something you want to share
- Cleaning the kitchen and not expecting to be praised
- Listening instead of talking
- Admiring someone else's effort when it normally goes unnoticed.

Remind students: This task is not asking them to 'dim their own' light BUT to recognise others and be humble about their own achievements. It is about being genuinely happy for someone else, celebrating someone else's journey and accomplishments.

4. The task involves action, reflection and preparation of a report. Choose someone to 'let shine' and answer the following questions:

- Who is the person (name or de-identify)?
- Discuss why you chose this person?
- What action did you take to 'let someone shine'?
- How do you think they felt when you acknowledged them or did something for them?
- How did you feel doing something for someone and not being acknowledged?
- What are others' ways that you can show humility?

5. At the end of the challenge ask students to share their challenge outcomes and their actions. Use probing questions to discover how the students felt about the being humble.



RESOURCES:

- Internet
- Task sheet for homework.