

## Resources

- Lesson 1 PowerPoint slides
- Story – ‘Cass and the Little Flower’
- ‘Gather your Sparklers’ worksheet  
(extension activity - one per learner)

## Learning activity

- To understand ourselves and to help us understand others.

## Curriculum Area

- Health and Wellbeing. Literacy and English.

## Learning intentions

- I recognise the Four Well-being Pillars: self-esteem, self-confidence, self-compassion and self-efficacy, in myself and others, and understand that we all need different things to thrive.
- I am learning to understand that some differences and challenges are invisible, and that dyslexia is an example of a hidden difference.

## Success criteria

- I can explain what self-esteem, self-confidence, self-compassion and self-efficacy mean.
- I can give an example of each pillar from my own life or from a book or film character.
- I can talk about how the story of Cass and the Little Flower made me think and feel.
- I can explain that dyslexia is a hidden difference and we each experience the world through our senses differently.

## **Opportunities for discussion and reflection**

- How did the story make you feel?  
When have you felt this way?
- What did you like dislike about the story?
- Who was your favourite character?
- What could this story teach you and how could it help?
- What does it feel like to walk in the different characters' shoes?
- Does every person need the same things to grow, learn and thrive?  
Why not?

## **Opportunities for assessment**

- Observation
- Discussion
- Self-reflection
- Peer feedback
- Exit ticket

# Lesson plan

## Context

Dyslexia Awareness Week Scotland is an annual campaign to increase understanding of dyslexia and how it affects people. The national week is led by Dyslexia Scotland.

This lesson is lesson one of three. The three lessons explore dyslexia, hidden differences and the idea that everyone's brains work differently. From this, learners will think about what enables them to learn effectively and what are the right tools for the job.

## PowerPoint contents:

- Learning intention
- 'Becoming Wise for my Size' poster
- Wisery definitions
- 'Cass and the Little Flower' Story
- Reflection and 'Walk in their shoes' questions
- What could Cass observe?
- What if Little Flower was a child?
- We Reflect
- Nominations
- Extension ideas (optional)

## Activity

### 1. Share the 'Becoming Wise for my Size' Poster (slides 3 - 8)

The poster is a coaching tool to create a curious and empathetic ethos in the classroom while learners explore and experiment. Discuss the phrases and ask for examples. Use the 'Wisery' definitions on the slides to build shared understanding and then discuss each word as a class.

Encourage learners to notice moments when they are behaving in a 'Wise for my Size' way. Explain that, at the end of the lesson, they will be asked to nominate a fellow learner who they feel is becoming 'Wise for my Size'.

### 2. Read and reflect on 'Cass and the Little Flower' (slides 9 - 17)

Share the story with the class alongside the accompanying images within the PowerPoint slides (downloadable PDF version also available). Reflect on the story using the 'Reflection Questions' prompts on slide 17.

### 3. 'Walk in their Shoes' (slides 18 - 20)

Explore the main characters in the story, using the 'Walk in their Shoes' slides as a whole class or in groups. Help learners to see other people's perspectives and build empathy.

### 4. Explore visible and invisible differences (slides 21 - 22)

How did Cass know how to help Little Flower? What things did Cass see? Were they all visible? Cass changed the environment and didn't blame the flower for needing something different. People like flowers need different conditions to thrive. If Little Flower was a child, what differences might be visible? e.g. left or right-handed, wearing glasses or a hearing aid, using specific tools for tasks, moving differently. What might we not notice? e.g. feeling hungry, feeling unwell, finding lights too bright, having a different way of learning such as dyslexia. Just as Little Flower just needed someone to notice what would help it thrive, so do people.

## **5. Plenary – We Reflect (slide 23):**

What has this session taught me? How can that help me help others?

## **6. ‘Wise for my size’ nomination (slide 24)**

## **Sharing your success:**

**Learners** can send their reflections on the lesson to Dyslexia Scotland at:  
[dyslexiascotland.org.uk/tell-your-story](https://dyslexiascotland.org.uk/tell-your-story)

**Educators** can share a reflection on the lesson at:  
[dyslexiascotland.org.uk/be-a-changemaker](https://dyslexiascotland.org.uk/be-a-changemaker)