

## CROSS-CURRICULAR LESSON PLAN ON THE TOPIC:

### Self-image

**School:** AGRUPAMENTO DE ESCOLAS DE IDÃES

**Teacher:** SUSANA PEREIRA

**Class:** 8A

#### **Outcomes:**

After this lesson, students will be able to:

define self-image, tattoos, piercings;

give their opinion, agree, disagree, support one's opinion, interrupt and give advice;

identify and explain feelings;

#### **Description of the activities:**

##### **Activity 1:** Activating interest

Students are asked to listen to the song "Safe and sound" by Capital City and identify words they immediately recognise. They are then given the lyrics to listen and fill in gaps with given expressions. When they have the lyrics completed, they are asked to give their opinion on the topic of the song and they are expected to refer feeling and emotions related to the way a person looks and fits in a group/community.

Song: <https://youtu.be/47dtFZ8CFo8>

**A** Listen to the song and fill in the gaps with the expressions in the boxes.

I could <sup>1</sup> \_\_\_\_\_  
 I could show you what you wanna see  
 And take you where you wanna be

You could <sup>2</sup> \_\_\_\_\_  
 Even if the sky is falling down  
 I know that we'll <sup>3</sup> \_\_\_\_\_

I could <sup>4</sup> \_\_\_\_\_  
 You know my river won't evaporate  
 This world we still <sup>5</sup> \_\_\_\_\_

You could be my luck  
 Even in a <sup>6</sup> \_\_\_\_\_  
 I know that we'll be safe and sound

Safe and sound  
 We're safe and sound  
 Safe and sound  
 We're safe and sound  
<sup>7</sup> \_\_\_\_\_

We're safe and sound  
 Safe and sound

I could show you love  
 In a tidal wave of <sup>8</sup> \_\_\_\_\_  
 You'll still be standing next to me

You could <sup>9</sup> \_\_\_\_\_  
 Even if we're six <sup>10</sup> \_\_\_\_\_  
 I know that we'll be safe and sound

Capital City, *Safe and sound* (shortened)

be my luck (2x)

lift you up

be safe and sound

mistery

hurricane of frowns



feet underground

appreciate

fill your cup

hold your ground

**Vocab help**

- lift you up - fill with optimism
- six feet underground - dead
- hurricane of frowns - unpleasant situations
- hold your ground - don't give up
- safe and sound - protected; in a happy mood

## Activity 2: Guiding understanding

Students are asked to read and complete a table with information from the text. They are asked to express their opinions about tattoos and piercings and it can be considered body art.



Lots of teens have tattoos and piercings nowadays because they are influenced by their friends and celebrities. Some just want to rebel against society, shock their parents and adults in general.

In my opinion, getting a tattoo or a piercing is painful and it may be dangerous. You can get infectious diseases like Hepatitis B or C, or HIV.

Another con of tattoos is the difficulty in removing them. This can be a difficult, expensive and painful process. Some people who get tattoos strictly for the look, may regret it later. It may also become a problem in the future because it can be an obstacle to getting a job. Although their popularity is rising, tattoos still tend to be considered as counter-culture by many. Last but not least: it may become an obsession: the more you have, the more you want.

Sally, 13

Body piercing and tattoos are becoming an exceptionally popular trend among people of all ages and backgrounds. Some years ago, people decided to get a tattoo or piercing for religious reasons or as a sign of nonconformity and sub-cultural identification. They used to be common among sailors and gangs. Nowadays teens have accepted body piercing and tattoos as a stylish, chic and appealing fashion accessory.

There is a great number of reasons why people decide to make a tattoo or get their body pierced. Many simply use tattoos and piercings as a way to express their freedom and individuality. They are a relatively cheap and creative way to tell the world what you believe in. They give you a chance to stand out, express yourself and show who you really are. Body art makes you look cool and different. It can also remind you of an important person or date in your life.

Mark, 14

- 2 Complete the table (in note form) with information from the texts.

Sally ☹️ – cons	Mark 😊 – pros

- 3 Do you agree more with Sally or Mark? Why?

Pair work – Discuss and answers to the following question:

- 1** Discuss the following questions.
- What is your opinion about piercings and tattoos? Do you have or would like to have one?
  - Why do teens get tattoos and piercings?
- 2** Are these opinions positive or negative? Draw a smile 😊 or a frown ☹️ next to the sentences.



a) It gives you style.	
b) Getting a tattoo can hurt.	
c) Some people might regret that they acted on impulse.	
d) Getting a tattoo is a serious issue because they're permanent.	
e) It's a form of art.	
f) It may carry health risks, including infection and allergic reactions.	
g) Tattooing and body piercing goes in and out of fashion.	
h) Getting a tattoo may influence your professional life.	
i) Nowadays tattoo and piercing shops are clean and safe.	

**Class debate: Should teens be allowed to get tattoos?**

Take notes about your arguments, use the expressions below to prepare your intervention.

Language Bank				
Give your opinion	Agree/Disagree	Support your opinion	Interrupt	Give advice
<ul style="list-style-type: none"> <li>• I think...</li> <li>• I don't think that...</li> <li>• I consider...</li> <li>• I believe...</li> <li>• From my point of view, ...</li> </ul>	<ul style="list-style-type: none"> <li>• Yes, that's right.</li> <li>• I entirely agree that...</li> <li>• I agree with you, but...</li> <li>• I agree/disagree.</li> <li>• I am sorry, but I don't agree.</li> </ul>	<ul style="list-style-type: none"> <li>• Let me give you an example.</li> <li>• For instance, ...</li> </ul>	<ul style="list-style-type: none"> <li>• Sorry to interrupt .../ Excuse me, but I think that's not true/correct.</li> <li>• What do you mean by that? I don't understand.</li> </ul>	<ul style="list-style-type: none"> <li>• You should/ shouldn't...</li> <li>• If I were you, I would/ wouldn't...</li> <li>• I don't think it's a good idea.</li> <li>• Why don't you...?</li> </ul>

### Activity 3. Assessment

Students are asked to write a paragraph expressing personal opinion on the topic discussed in class.

**What is your opinion about piercings and tattoos? Do you have or would like to have one?**


Students are asked to reflect and fill in the self-assessment grid.