

FREE SAMPLE LESSON · KS3 & KS4 PSHE

ENOUGH AS YOU ARE!™

PSHE LESSON PLANS

Five 60-minute lessons built around the real-talk cards. This free sample includes Lesson 1 in full.

ABOUT ENOUGH AS YOU ARE!™

ENOUGH AS YOU ARE!™ is a 52-card motivational deck created by 12yr old Marco Ruggieri, designed specifically for teenagers navigating the pressures of school, social media, friendships and identity. Each card carries a short, powerful affirmation rooted in self-worth, not performance.

These lesson plans are designed to help teachers bring the ENOUGH AS YOU ARE!™ card deck into structured PSHE learning. They are mapped to the PSHE Association Programme of Study (2020) and DfE statutory guidance on Relationships, Sex and Health Education (RSHE). They have not been reviewed or endorsed by the PSHE Association.

HOW TO USE THESE LESSON PLANS

Each lesson follows a consistent structure:

- A warm-up or check-in to settle the group
- A core learning activity exploring the lesson theme
- Featured ENOUGH AS YOU ARE!™ cards with discussion prompts
- An additional card bank for teacher flexibility and differentiation
- A sharing or discussion element to build community
- An exit reflection or commitment to consolidate learning

The card deck can be used with the whole class or distributed so each student holds their own card. Note: Card 37 (the logo card) is a brand symbol, it is not included in lesson activities.

CURRICULUM MAPPING

Key Stages	KS3 (Years 7–9) and KS4 (Years 10–11)
Subject	PSHE Education
Themes	Health & Wellbeing, Relationships, Living in the Wider World
Framework	PSHE Association Programme of Study (2020)
Guidance	DfE Relationships, Sex and Health Education (RSHE) statutory guidance

BEYOND THE PSHE LESSON

The ENOUGH AS YOU ARE!™ card deck is designed to flex across the school day and beyond the PSHE timetable. Consider the following:

Tutor Time

Use one card per session as a weekly check-in prompt. Ask students to choose a card that reflects how they are feeling, or introduce a card and invite a brief pair discussion. A 5-minute card moment can set a positive tone for the day.

School Counsellor & Pastoral Sessions

Cards make effective, low-pressure conversation starters in 1:1 pastoral or counselling sessions. Inviting a student to choose a card and respond to it removes the pressure of open-ended questioning.

SEND & Additional Support

The cards are visual, tactile, and low-literacy by design. They are particularly effective for students who find verbal processing difficult, or who benefit from a concrete prompt before entering discussion.

Wellbeing Weeks & Anti-Bullying Week

Select cards aligned to the weekly theme for assemblies, registration activities, or form room displays. Cards on belonging (Lessons 4 and 1) are particularly effective for Anti-Bullying Week.

Whole-School Display

A 'Card of the Week' display in form rooms, common areas, or corridors keeps the ENOUGH AS YOU ARE!™ message visible and reinforces a whole-school culture of self-worth.

School Library

The deck sits naturally alongside Young Adult wellbeing titles. Making cards available to browse in the library extends their reach beyond timetabled lessons.

I AM ENOUGH

Self-Worth and Identity

Theme

Self-Worth & Identity

Key Stage

KS3 / KS4

Duration

60 minutes

PSHE Links

PSHE Association
Core Theme 1:
Health and
Wellbeing (H1, H2,
H4)

LEARNING OBJECTIVES

- Understand what self-worth means and why it matters
- Identify where feelings of 'not being enough' come from
- Challenge negative self-talk using the ENOUGH AS YOU ARE!™ cards
- Develop personal affirmations grounded in identity, not performance

TEACHER FACILITATION NOTES

- If the room goes quiet after a question, allow 10–15 seconds before moving on. Silence usually means thinking, not disengagement.
- If a student shares something difficult, acknowledge it briefly ('Thank you for sharing — that takes courage') without probing further in front of the group.
- Never force participation in sharing activities. Make it explicit that students can always write privately instead.
- If a student becomes distressed, allow them to step outside with a trusted adult. Do not leave the class unattended.

FEATURED CARDS

"YOU ARE ALWAYS ENOUGH. YOU DON'T HAVE TO EARN IT."

- › Do you believe this? What makes it hard to believe on some days?
- › What would it feel like to actually live by this card?
- › Where do you think the idea of having to 'earn' your worth comes from?

"GRADES DON'T DEFINE YOU. THEY REFLECT EFFORT, NOT YOUR VALUE."

- › How do you feel when you get a grade you're disappointed with?
- › Is there a difference between your results and who you are as a person?
- › If grades don't define you, what does?

"YOU DON'T HAVE TO BE THE BEST. JUST KEEP SHOWING UP."

- › Think of something you've kept showing up for even when it was hard. What kept you going?
- › Is it easy to celebrate just showing up — rather than winning or being top?
- › How might school feel different if we valued effort over being the best?

ADDITIONAL CARDS FOR THIS THEME

The following cards from the deck are also relevant to this lesson. Use them for extension activities, differentiation, or to offer students a wider choice during card exploration.

"Your voice matters. Speaking up kindly isn't rude, it's brave. You deserve to be heard."

"You don't have to have it all figured out. No one does."

"You're doing your best. That matters."

"You belong in the room. Ask the question. Take up space."

"You're not too much or not enough. You're exactly the right amount of you!"

"You're a work in progress. You're growing, learning and becoming, which is amazing."

LESSON ACTIVITIES

TIME	ACTIVITY	DESCRIPTION
0–5 min	Check-In	Silent reflection: write one word that describes how you feel about yourself today.
5–15 min	Discussion Hook	Show the card 'You are always enough.' Ask: Do you believe this? What makes it hard to believe?
15–30 min	The Roots of Self-Worth	Group activity: where does our sense of worth come from? (family, school, social media, sport, peers). Map on whiteboard.
30–45 min	Card Exploration	Students choose a card from the ENOUGH AS YOU ARE!™ deck that resonates. Write a journal entry: Why did you choose it? What does it mean for you personally?
45–55 min	Sharing Circle	Volunteers share their card and one sentence from their journal. Normalise different responses.
55–60 min	Exit Reflection	Complete the sentence: 'I am enough because ____.' Display or keep private.

Differentiation

Provide sentence starters for journal entries. For higher ability, extend to debate: 'Is it possible to feel enough all the time?' For SEND students, offer a pre-drawn feelings wheel as a check-in alternative.

Assessment opportunities

Journal entries and verbal contributions during sharing circle.

Success criteria

Student can articulate a distinction between their self-worth and their achievements, using their own words or a chosen card.

Homework / extension

Find or write your own affirmation — something true about you that has nothing to do with grades or achievement. Bring it to the next lesson.

THAT WAS LESSON 1 OF 5

WANT THE FULL PACK?

The full ENOUGH AS YOU ARE!™ PSHE pack also includes:

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- 02** **Pressure Cooker** · Managing Exam Stress
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- 03** **Mirror, Mirror** · Body Image and Social Media
-
- 04** **Real Friends** · Navigating Friendships and Belonging
-
- 05** **Quietly Brave** · Building Everyday Confidence
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CLASS SETS FOR SCHOOLS

Tell us your school, year groups and roughly how many students, and we'll send you options and pricing within two working days.

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