

## Lesson: Empowerment



**Suggested time:** 1 ½ Hours

### National Curriculum Learning Objectives:

1. Respond to others appropriately, taking into account what they say

(Eng1: 2e)

2. Make contributions relevant to the topic and take turns in discussion

(Eng 1: 3a)

3. To talk and write about their opinions, and explain their views, on issues that affect themselves and society

(PSHE 1a)

### Description

This session aims to teach children about the term 'empowerment' and how they can become empowered by learning new skills.

Children will be shown how to make a chapatti, and will then make one each as part of a practical activity.

Once the chapattis have been made, the class teacher will explain to the children that they have been empowered with the new skill of learning how to make a chapatti from start to finish. This new skill is an example of how we can become empowered to do things for ourselves, rather than relying on things being done for us.

A class discussion will ensue on other things that have empowered the children and any other skills they possess which could be used to empower others.

### Resources:

Empowerment Story

### New Words

Empowerment

Chapatti

## Step 1: Chapatti Making

Suggested time: 45 mins

### You will need:

#### Equipment

Weighing Scales

Mixing Bowls

Rolling Pins

Aprons

Flat Pan and  
Cooker



#### Ingredients per group

- 450g/1 lb wholemeal plain flour
- 250ml/9 fl oz cold water
- Butter for spreading, optional

(NB: Prior to the activity, you may want to find whether any parents may be interested in coming in and helping children with the chapatti making - especially reach out to any Asian parents!)

Split children into groups of 3. (So if you have around 30 children you will need 10 work stations.)

Desks will need to be cleaned and cleared and hands washed.

If time allows you may want to list instructions and ingredients on the interactive whiteboard along with some pictures of chapattis so children know what the final outcome will look like. (NB: You may want to ask children to guess what the ingredients are!)

#### Instructions:

1. Place the flour in a deep bowl. Fill another bowl with the cold water.
2. Add the water to the bowl of flour, a little at a time, kneading as you go, until you have soft, elastic dough. The longer you knead the dough the softer the chapattis will be.
3. Sprinkle a little of the reserved flour onto a flat surface or board.
4. Pinch just enough dough to make a ball, the size of a table tennis ball.
5. Flatten the balls slightly, and then place one onto the floured board.
6. Roll it out into a flat disc approximately 15cm (6 inches) in diameter, flouring the board when necessary. This comes with practice but regardless of shape, the chapatti will taste just as good.

7. Heat a griddle or a shallow frying pan. Lay the chapatti on the griddle or pan and cook for less than a minute or until the surface is bubbling. Keep dabbing the bubbles down with a spatula.
8. Turn it over with tongs or spatula and cook the other side for 10-15 seconds. As soon as brown spots appear on the underside, the chapatti is done.

Demonstrate the making of the chapatti to the children before they make their own.

Once demonstrated go round the classroom distributing the flour, water and salt. (Each child in the group of 3 should take responsibility for measuring the flour, water or salt.)

Children then take it in turns to make one chapatti each at their work station.

Chapattis should be rolled and ready to cook in step 2!

### Step 2:

Suggested time: 45 Minutes

An adult should escort up to six children to a stove and cook the chapattis while the children watch. The other children can be tidying and clearing their work stations while they wait for their turn to have their chapatti cooked.

Once all chapattis have been cooked and work surfaces cleared children can sit and eat whilst partaking in a discussion on 'Empowerment.'

Introduce the word empowerment to the class by writing it in giant letters on the interactive whiteboard or whiteboard, and then read aloud the Empowerment story.

### Question time!

What does the word empowerment mean?

Children to be given thinking time and then time to talk to their partner about their thoughts.

Children to feedback to class teacher in an open discussion.

Class teacher to help the class to establish a definition of the word empowerment.

*Empowerment; to equip or supply someone with an ability to do something themselves.*

### Question time!

Have you ever been/felt empowered?

## Question Time!

How have you been empowered today?

Explain to children that being empowered by learning new skills or empowering someone else by teaching them a new skill is crucial to personal growth and independence.

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## **Fundraise with Enterprise 4 Change!**

### Chapatti Sale.

Having learnt how to make chapatti, you could sell them to parents and pupils after school. Share the Indian culture that you have learned about with your peers and raise some money to help the children of Mumbai at the same time. Spice up your sale by serving curry, chutneys, or raita with your chapattis! Or for more fundraising ideas, visit the [fundraising page here](#).

