

# Be Yourself: Marvellous Me

<p><b>Aim:</b> To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.</p> <p>To learn ways in which they are all unique; understand that there has never been and will never be another 'them'.</p> <p>I can talk about what makes me special.</p>	<p><b>The Big Question:</b> What makes us special?</p> <p>Why is it important to be kind to ourselves?</p>	<p><b>Resources:</b> <a href="#">Lesson Pack</a></p> <p>It is recommended that this unit is taught alongside the accompanying <a href="#">Learning Journey Record Resource Pack</a>.</p>
<p><b>Success Criteria:</b> I can identify my favourite things and things I am good at.</p> <p>I understand we are all different and that makes us special.</p> <p>I can tell others what I think is special about them and understand that this can make them feel happy.</p>	<p><b>Key/New Words:</b> Skills, talents, gifts, qualities, confidence, interests, likes, emotional wellbeing, mental health.</p>	<p><b>Preparation:</b> <a href="#">All About Me Activity Sheet</a> – one per child</p> <p><a href="#">We Are All Stars Activity Sheet</a> – one per child</p> <p><a href="#">What Makes Me Special Word Mat</a> – as required</p>

## Prior Learning

**Prior Learning:** It will be helpful if children have previously discussed their likes, interests, talents and skills.

## Special Considerations

**Special Considerations:** Children who have low self-esteem may need support in attributing positive qualities to themselves.

## Learning Sequence

	<p><b>Reconnecting – All About Me:</b> Share the Big Questions with the children. Read the information given in the <a href="#">Lesson Presentation</a> to the class to explain that difference makes us special. Distribute an <a href="#">All About Me Activity Sheet</a> to each child. Ask them to draw pictures of their favourite things and to identify what they feel they are good at. Invite the children to share some of their thoughts.</p>	
	<p><b>Exploring – Only One Me:</b> Read the information given in the <a href="#">Lesson Presentation</a> to celebrate all the children have shared on their <a href="#">All About Me Activity Sheet</a>. Explain to them that we are all individuals and that this is what makes us special. Celebrate that there is only one 'them'! Discuss the fact that being ourselves and not trying to be like anyone else can help us to feel happy.</p>	
	<p><b>Exploring – Helping Others to Feel Good:</b> Using the <a href="#">Lesson Presentation</a>, explain that telling others what is special about them can help them and us to feel good on the inside. Put the children into pairs and ask them to take it in turns to tell their partner what they think is special about them. Share the given examples and expand on this list if time allows. Ask the children to reflect on the questions given in the <a href="#">Lesson Presentation</a> and then to share their thoughts with the class. Encourage the children to be a class that helps others feel happy to be themselves.</p>	
	<p><b>Reflecting – Being Kind to Ourselves:</b> Share the information given in the <a href="#">Lesson Presentation</a> with the class to explain that we are all unique and that not trying to be like anyone else is a way of being kind to ourselves. Invite the children to sit quietly and reflect on all the things that make them special. Encourage them to recognise that there isn't anyone in the world just like them – that they are totally unique. Ask the children to share how this makes them feel. End by explaining that we are always learning and growing but that it is important to enjoy being ourselves too. Revisit the Big Questions and ask the children what they have learnt today.</p>	
	<p><b>Consolidating – We Are All Stars:</b> This is an optional activity to fit between the Exploring and Reflecting activities if there is time available. Distribute a <a href="#">We Are All Stars Activity Sheet</a> to each child. On this, the children draw a picture of themselves in the centre of the star and then write or draw something which makes them special on each star point. If time allows, invite the children to share their stars with the class.</p>	

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

	<b>Supporting:</b> Children can use the <a href="#">What Makes Me Special Word Mat</a> at any point during the lesson to support their thinking.
	<b>Extending:</b> Ask the children to think about how they could use their special qualities to help others.
	<b>Developing:</b> Work with the children to create their own 'Marvellous Me' books. Within these books, they can write their skills, talents and special qualities. These books are for all members of the school community to add to. This means anytime a child displays a positive quality this can be written in that child's 'Marvellous Me' book. This can be done by an adult or child who spotted the marvellous quality. Children should be given regular opportunities to read through their own book to build their self-esteem.

### Learning Environment:

Follow these guidelines to prepare a safe and positive climate for learning when you are preparing to teach PSHE and Citizenship.

<b>Policies:</b>	If, at any time, you have any concerns about a child's safety or wellbeing, consult your school's safeguarding and child protection policies.
<b>Rules:</b>	Remind children of the class agreement or ground rules for discussion.
<b>Expect:</b>	Anticipate sensitive issues and plan how you will respond in the event of a spontaneous disclosure, so you are prepared to protect children from revealing personal information to others, while not discouraging them from seeking support.
<b>Procedures:</b>	Ensure that all children know what steps to follow to seek help and support if they feel uncomfortable or anxious during or after the lesson, within and outside of school.
<b>Ask:</b>	Encourage children to ask any questions they may have, before, during or after the lesson, and provide a Question Box for children to submit questions anonymously if they prefer.
<b>Respond:</b>	Always set aside time to explore any questions that are raised, either with the whole class, or separately if more appropriate.
<b>Enable:</b>	Be aware of any individual circumstances that may mean that children need extra support to enable them to participate in this lesson.

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