

Marvellous Me



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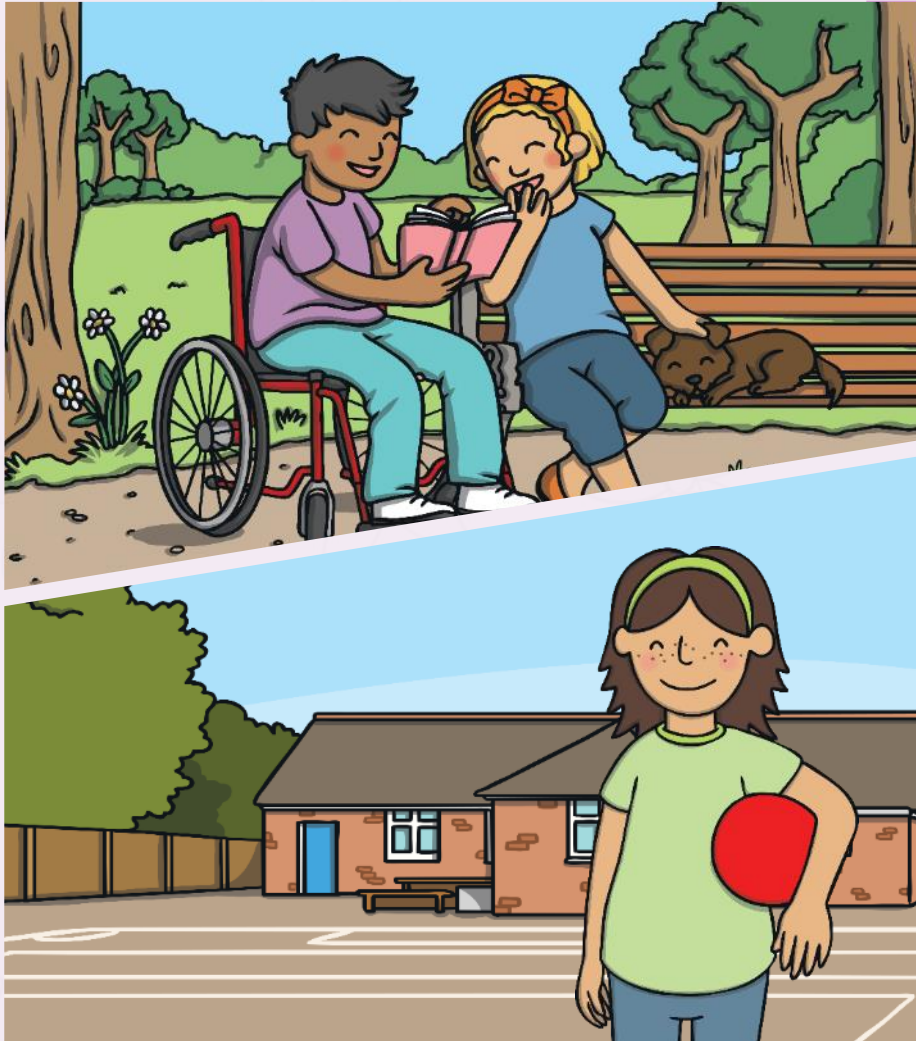


What makes
us special?

Why is it important to
be kind to ourselves?



All About Me



All About Me

We are all different and that makes us special! Draw some of the things that make you special in the boxes below.

My favourite foods are...



In school, the things I enjoy most are...



At home, I like to...



I am good at...



This resource is fully aligned with the Learning Outcomes and Core Skills outlined in the PSHE Curriculum Framework for England.



PSHE and Citizenship | Year 1 | Relationships | Be Yourself | Mindfulness | Lesson 1

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Only One Me



What a lot of fabulous things you like and are good at!

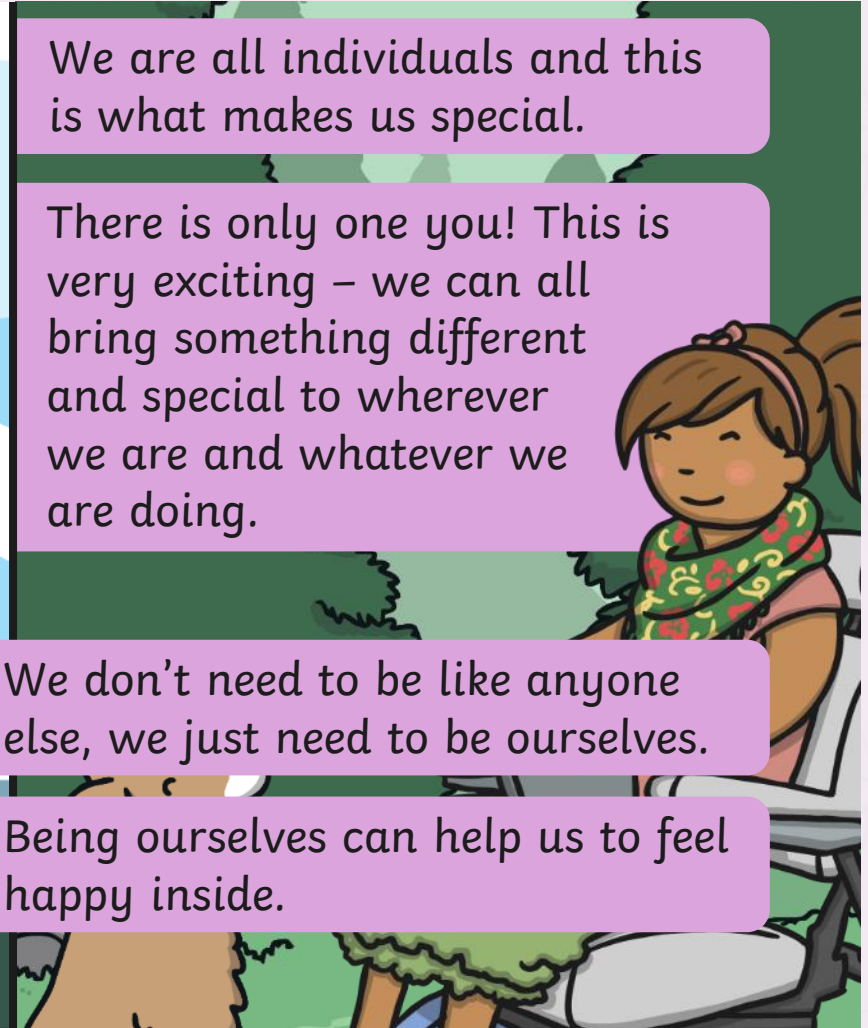
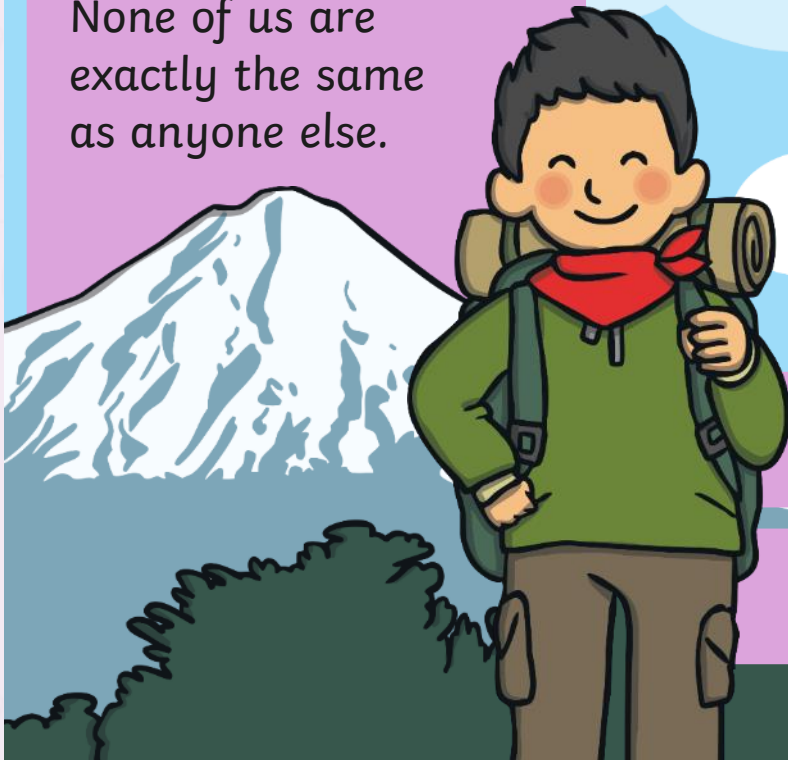
None of us are exactly the same as anyone else.

We are all individuals and this is what makes us special.

There is only one you! This is very exciting – we can all bring something different and special to wherever we are and whatever we are doing.

We don't need to be like anyone else, we just need to be ourselves.

Being ourselves can help us to feel happy inside.



Being Kind to Ourselves



We are all special, we are all different and we are all unique!

Unique means being unlike anything or anyone else.

There are always ways for you to learn and grow but there is so much that makes you marvellous – enjoy being you!

There can be times when we can feel different to our friends. This does not mean we need to change. Being happy to be ourselves is a way of being kind to ourselves. Not trying to be like anyone else can help us to feel happy inside.

Sit quietly and think of all the things that make you special. Nobody in this world is like you – you are totally unique!

How does that make you feel?

What makes you unique- what are your best qualities?

What Are My Best Qualities?

Each one of us is different.

You are a very special, unique person with many special, positive qualities.

Can you list as many of these as you can below?

There are a few examples to get you started. If you are struggling, ask the adult you are with. Try your best to do this on your own though.

Write all those wonderful qualities down and be proud of who you are!

Examples:

I am honest.

I am brave.

I make people laugh.

