

ALL ABOUT me: It's me



Lesson Objectives:

- Children will have the opportunity to explore the physical similarities and differences between friends.
- By the end of the lesson Children will understand that we are all unique and special in our own way.

Key Messages:

Today's lesson is designed to help introduce children to the "All About Me" programme, both the topic to expect and how the lessons will be structured. It is a chance to explain that over the week the class will be exploring all the things that make us who we are and all the little differences that make us special. We will be talking about our families, friendships, our bodies, our likes and dislikes and most importantly our feelings. The lessons are designed to be activity based, fun and engaging.

You see everyone is special in their own way.

Closing:

So we have found lots of things we have in common and realised there are lots of similarities between us - we may share the same like or dislikes - have the same colour eyes or hair, but we are all unique in our own way - and that is what makes us special. Because no one else, is quite like you!

Next time we will look at our friends and family...



CARRYING ON THE CONVERSATION AT HOME:

At school we have been talking about similarities and differences - this is a good thing to do home as well. Chat with your child about the similarities and differences between family members... who has the same/different colour eyes, hair colour etc.

Ask what they drew as their favourite dinner - favourite colour - favourite TV show. Ask them why they like these things... and tell them yours too.

If you can sit down and watch one of their favourite shows together or make their favourite dinner....

These are the things I am sure you do all the time - but often we take for granted the little conversations - without paying too much attention....

This programme is an idea opportunity to show your interest in your child's likes and dislikes and most importantly to ask them why? - this shows you value their opinion and helps them to understand that you want to listen to them. Paving the way for bigger conversations later.

Useful Links: