

ALL ABOUT me: HOW I see me



Lesson Objectives:

- To encourage the children to explore different aspects of their personality.
- To reflect on how they see themselves and how they perceive other see them.
- To encourage the children to have a positive self image.
- By the end of the lesson Children will understand that we are all unique and special in our own way.

Key Messages:

This lesson is designed to get children thinking and reflecting about what makes them who they are. The things they like and dislike, how they feel about themselves and how they think other people might see them. Some children can find this work particularly difficult - however, unpicking how we see ourselves is a key component in building self esteem and resilience.

Today's lesson, also paves the way for other conversations we will be having through the week

Closing:

So today we have looked at what kind of person we think we are and how we think other people might see us. Some people might not think about themselves in such a positive way - but it is important that we are not too tough on ourselves and that we realise that we are all special in our own way.

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

CARRYING ON THE CONVERSATION AT HOME:



In class the children played a game - "*if I was...*", where they had to decide if what they would be and you for different categories....

A: an animal B: a colour C: a food D: a TV show E: an activity or game

For example, *If I was an animal I would be a cat because, I am playful and like to laze in the sun all day....*

Play the same game at home... see what they answered and answer yourself. Play with siblings. It is a fun way to unpick how children see themselves and their likes and dislikes.

The children will have filled out a "What other people say about me worksheet" where they will have been asked to think about how their friends, family and teacher might describe them... ask what they wrote and help them to reflect how true their answers might be.

Again, some children, really struggle to say nice things about themselves. This is an opportunity to boost their self esteem and help them to build a better reflection of themselves.