

ALL ABOUT ME: MY PAST & FUTURE



Lesson Objectives:

- To encourage the children to explore different aspects of their personality.
- To reflect on their identity and experiences during their time at primary school.
- To encourage the children to have a positive self image and high self esteem.
- To allow the children opportunity to make plans and set goals for their future at high school.
- By the end of the lesson Children will understand that we are all unique and special in our own way.

Key Messages:

Much of the work in the Year 6 programme is designed to help prepare children for High School. To give children that opportunity practice and develop skills around communication, making healthy friendships and managing them in a positive fashion; to build resilience and to help children to realise all they have achieved and recognise their value.

Today we are going to be starting our All About Me work. Over the week we will be exploring what it means to be you. You are all in the middle of a BIG YEAR - filled with lots of changes. as you prepare to leave Primary school and go off to High school. Your body's are changing, your friendship groups will change as you move schools - there is a lot going on... Over next few lessons we will make sure you have the tools to help you cope and manage.

Today we are going to take some time to reflect on your time here and the person you have been, before thinking about where you are going to and what you can achieve...

Closing:

Today we have taken some time to reflect on your time here and the person you have been, before thinking about where you are going to and what you can achieve... Hopefully you have all seen how far you've come and are feeling hopeful about the future. Thinking about the future can be scary, but remember we all have people around us that can support us if we are worried.

Key Messages continued:

This first session is geared to explore children's self perception, to build their self esteem through recognising their own achievements and to help them to think and plan for the future. This is something that many children (and adults) struggle with when people say positive things about them due to issues with attachment and their own view and value of themselves. .

Sometimes we can be quite critical of ourselves and don't always recognise how talented or special we all are... it is good to get a bit of perspective every now and again and realise that the people around us actually see us quite differently and in a much more positive light.



Useful Links:

- There are books about self esteem and worries in our library section.

CARRYING ON THE CONVERSATION AT HOME:

Ask what comments were put in their cup by their class mates. How did they feel about that...? What comments did they put in their friend's cups? Perhaps ask them these questions that were discussed in class....

Hopes & Dreams Questions:

1. If you could have any job...?
2. When you are going to high school what are you most looking forward to?
3. If you could be famous for anything what would it be?
4. How could you make the world a better place?
5. You have been given £500 how would you spend it?
6. In a years time I will be...?
7. If I could visit anywhere it would be...
8. The one thing I would like to achieve is...

What did they write in their letter to themselves.... remember that they might want to keep that information private too....