

# Relationships - Be Yourself

PSHE and Citizenship | KS1 | Planning Overview

## About the Topic

This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate their individuality. In this unit, children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings.



## Home Learning

**Picture That Feeling:** In this activity, children cut out and stick three images which show different feelings from either a newspaper or magazine. They then label the feeling being shown by using the given word bank.

**Feeling Happy:** In this activity, children draw a picture of how the special people in their life help to make them feel happy.



## Wider Learning:

Why not arrange a 'Be Yourself' day focusing on celebrating the differences within the class?

## Assessment Statements

### All children should be able to...

- identify their own special traits and qualities.
- identify and name common feelings.
- select times and situations that make them feel happy.
- talk about what makes them feel unhappy or cross.
- explain how change and loss make them feel.
- understand the importance of sharing their thoughts and feelings.

### Most children will be able to...

- say what makes them an individual.
- identify feelings from facial expressions and body language.
- talk confidently about what they like that makes them feel happy.
- explain how to manage feelings of anger and sadness.
- describe strategies to explain how change and loss can be dealt with positively.
- understand the importance of sharing their thoughts and feelings respectfully.

### Some children will be able to...

- discuss the importance of individuality.
- identify and name a wide range of feelings.
- explain why their likes make them feel happy.
- help others manage any uncomfortable feelings they are experiencing.
- reflect on how they can support others going through change and loss.
- think about the impact of sharing their thoughts and feelings respectfully and speaking kindly to others.

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

## 1. Marvellous Me

H21. to recognise what makes them special

H22. to recognise the ways in which we are all unique

I can talk about what makes me special.



## 2. Feelings

H12. how to recognise and name different feelings

H13. how feelings can affect people's bodies and how they behave

H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it

I can name some of the different feelings I have and can describe how they feel.



## 3. Things I Like

H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things

H22. to recognise the ways in which we are all unique

H23. to identify what they are good at, what they like and dislike

I can talk about things I like that make me feel happy.



## 4. Uncomfortable Feelings

H14. how to recognise what others might be feeling

H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things

H16. about ways of sharing feelings; a range of words to describe feelings

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

R25. how to talk about and share their opinions on things that matter to them

I can talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings.

- Large piece of paper
- Sticky notes



## 5. Changes

H12. how to recognise and name different feelings

H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good

H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

I can discuss how change and loss make me feel.



## 6. Speak Up!

H23. to identify what they are good at, what they like and dislike

R25. how to talk about and share their opinions on things that matter to them

I can share what I think and feel with confidence.



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