

# 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](#).