

Relationships - Be Yourself

PSHE and Citizenship | UKS2 | Planning Overview

About the Topic

This unit is inspired by the idea that we are all individuals and that it is important to 'be yourself'. It aims to encourage the children to develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. In this unit, children focus on the importance of recognising situations where they need to make positive choices in order to do the right thing. They also explore how to avoid being led into tricky situations and how to recognise and respond to peer pressure. The unit will also look at how to be confident and how to manage uncomfortable feelings. The unit ends by helping the children to investigate how to make things right when they make a mistake.



Home Learning

Making Amends: In this home learning activity, children can think about mistakes that could be made outside school and the ways in which they could make amends.

Voicing My Opinion: In this home learning activity, children look at the times when they have had a different opinion to people around them and reflect on how they voiced this differing opinion and the impact of this.



Wider Learning:

Arrange a 'Be Yourself' day, focusing on being confident and celebrating the children's individuality.

Assessment Statements

All children should be able to...

- discuss scenarios where children are torn between 'fitting in' and being true to themselves;
- explain how to communicate their feelings in different situations;
- create a role play to show different ways to manage uncomfortable feelings;
- discuss which situations would make people fight or flee and why;
- create resolutions to different tricky situations;
- identify the feelings involved in making a mistake and understand how to make amends.

Most children will be able to...

- complete scenarios by advising on how to communicate feelings in different situations;
- work in groups to create a role play to show different ways to manage uncomfortable feelings;
- discuss different fight or flight situations;
- discuss the impact of making amends when a mistake has been made.

Some children will be able to...

- discuss how to deal with being unique in difficult situations;
- discuss the different strategies for communicating feelings and identify which ones they feel most comfortable with;
- discuss which strategy would work best in each situation and why;
- create a role play to show either the fight or flight reaction being applied in a situation;
- create a role play to show different strategies to cope with tricky situations;
- share all they have learnt with others in school.

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