

**Monday March 2021**

# PSHE and Citizenship

Relationships | Be Yourself

Daring

# Pride



Persevering

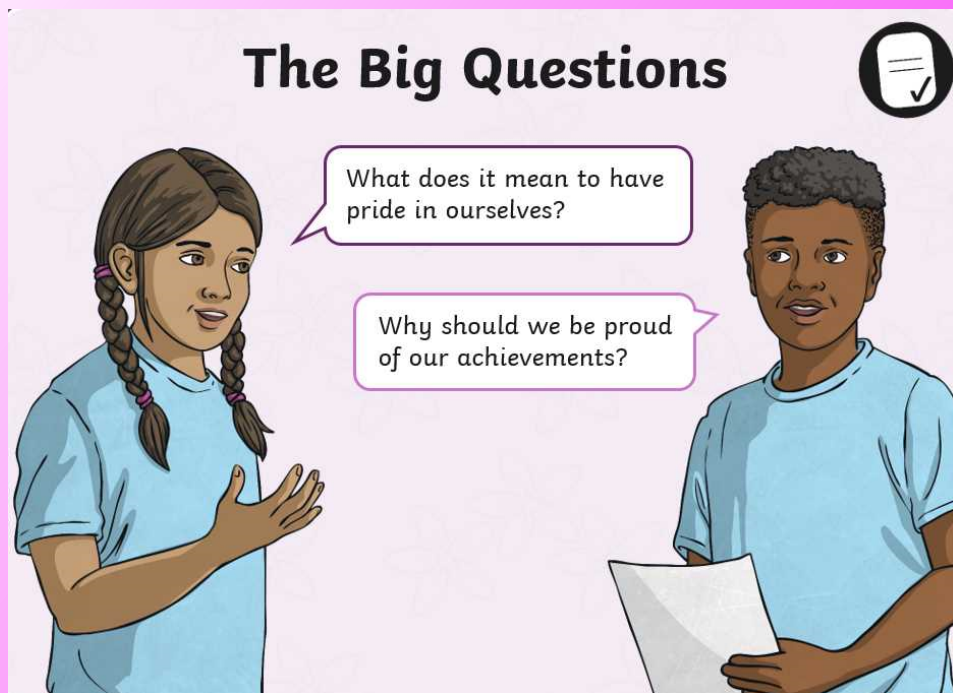
## **Aim**

- I can say the things about myself that I am proud of.

## **Success Criteria**

- I am proud to be unique and the person I am.
- I can identify the difference between being proud and showing off.
- I can reflect on how I can use my achievements to help others.

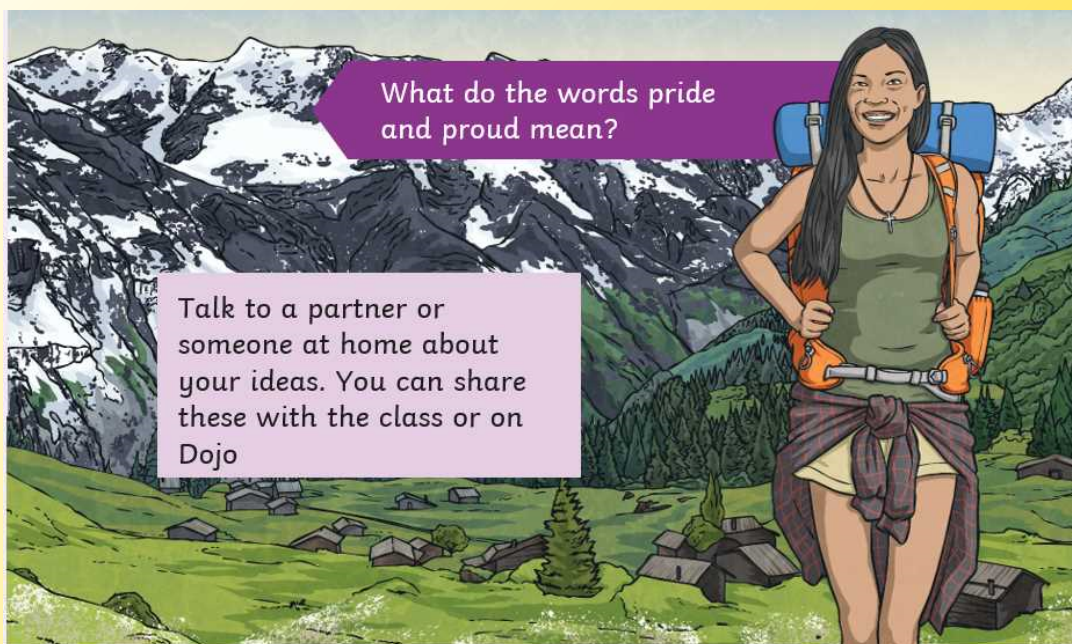
Dreaming



Talk to your buddy or someone at home.

Together





Reflecting

Pride, or feeling proud, means having a feeling of being worthwhile because of the person you are or because of something you have done.

Daring



Persevering

## Proud to Be Me

Can you complete this sentence? When you are working, think about how you can be supportive of someone else expressing their thoughts and feelings.

What makes me, me is...

## Feeling Proud

There are lots of things which can make us feel proud.

When we have achieved something, it is important to feel proud and to recognise the achievement as one of our strengths. Some of the things we achieve we have worked very hard for or shown great dedication to. These strengths and achievements make us the individuals we are and it is very important to be proud of them.



Together



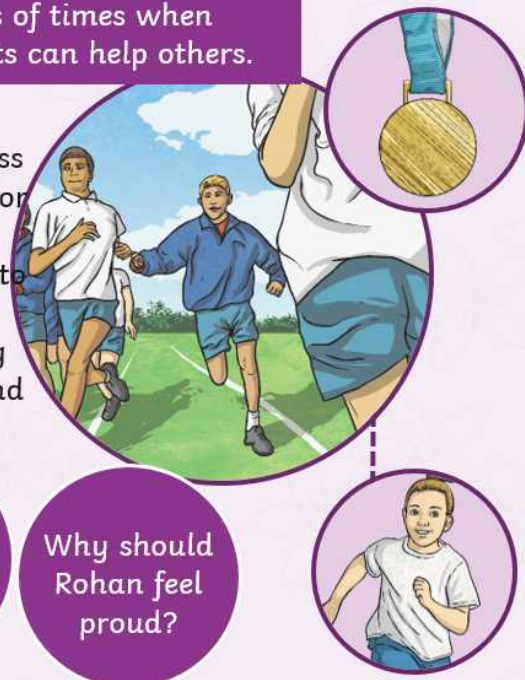
## Feeling Proud

Let's look at examples of times when sharing our achievements can help others.

Rohan arrived at school on Monday morning feeling proud. He showed his class a medal that he had got at the weekend for taking part in a fun run. Hannah was interested in this as she wants to be able to run further and feel fitter. Hannah asked Rohan how he became so good at running and he explained that he practised lots and gradually ran further each time. Hannah felt inspired and went for her first run that evening.

How did his achievement help someone else?

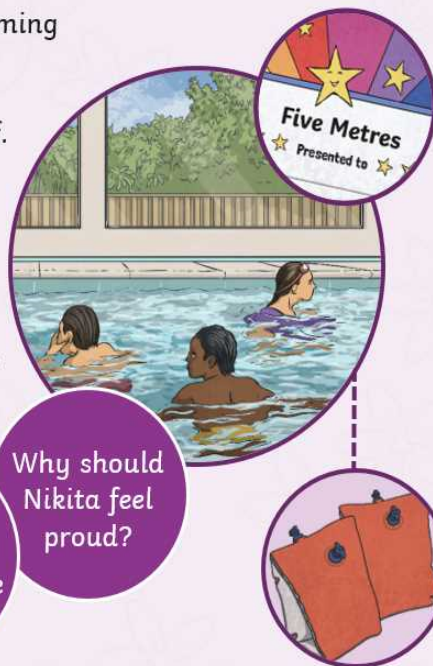
Why should Rohan feel proud?



Reflecting

## Feeling Proud

Nikita felt proud. She brought her swimming certificate to school to share in her whole-school assembly. The certificate was for swimming five metres by herself. Billy still wears armbands and really wants to try swimming by himself. Billy decided to ask Nikita how she became brave enough to try swimming without her armbands. Nikita explained to Billy how she built up her confidence. Billy has now decided he wants to try swimming without his armbands the next time he goes swimming.



How did her achievement help someone else?

Why should Nikita feel proud?

Daring



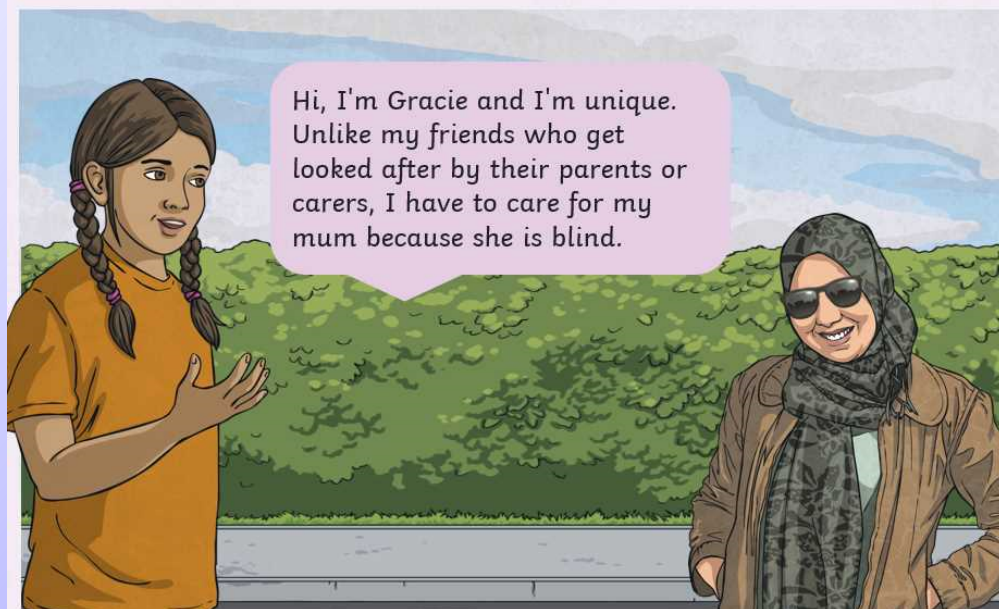
# Identity

Our identity can be made up of our personality, the things we like, the things we do, the communities we belong to, our appearance, our beliefs, etc. Our identity is unique and is something we can feel proud about.



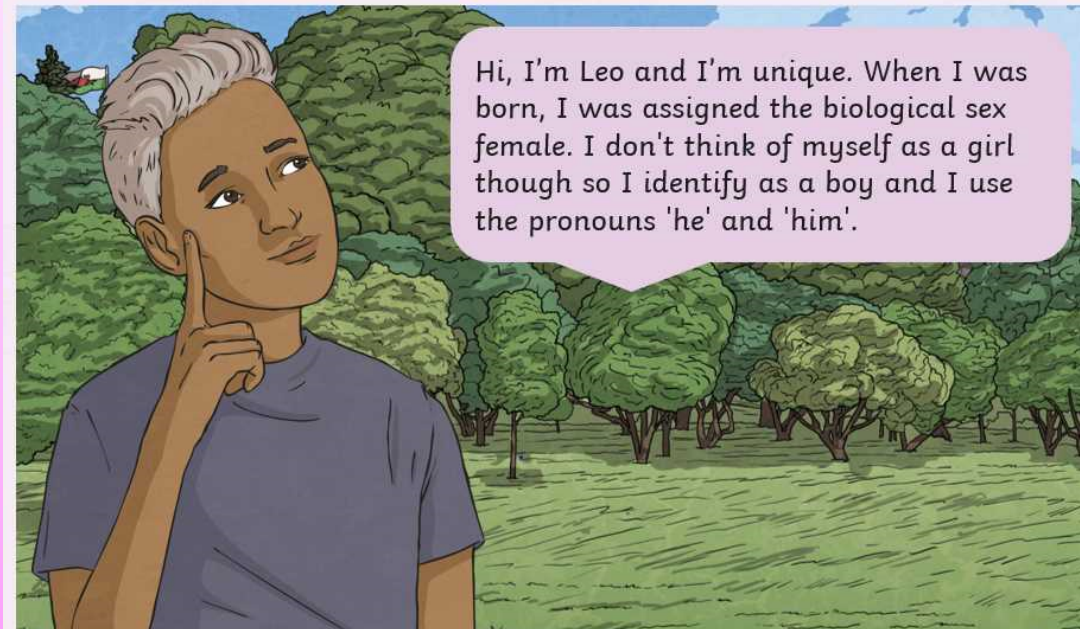
Persevering

## Identity



Dreaming

## Identity



Together

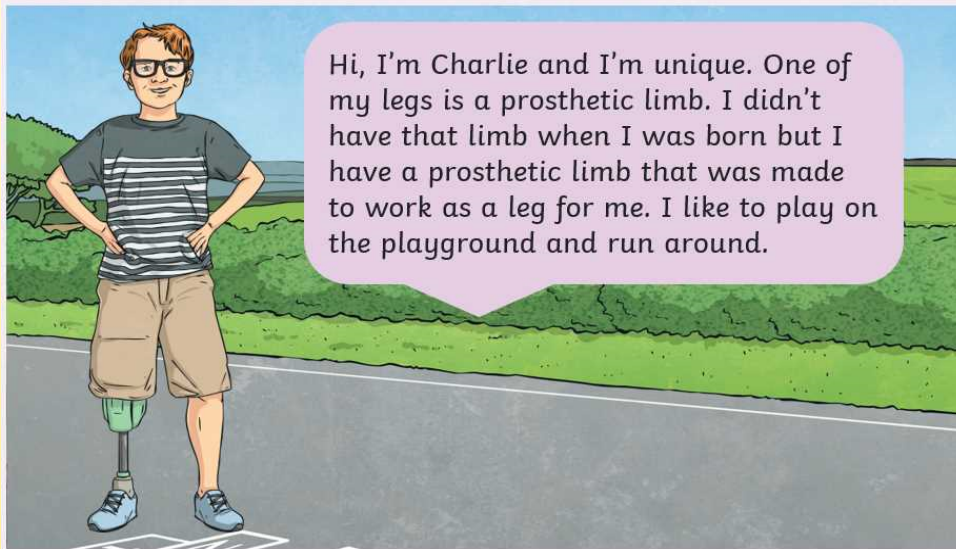
## Identity



Daring



## Identity



Hi, I'm Charlie and I'm unique. One of my legs is a prosthetic limb. I didn't have that limb when I was born but I have a prosthetic limb that was made to work as a leg for me. I like to play on the playground and run around.

Reflecting

## Identity



Hi, I'm Maddie and I'm unique. I love being a girl, but all of my best friends are boys and I love playing football with them at lunchtime. If it's wet playtime, we always choose the construction toys, which is great because I want to work in construction when I'm older. When I go clothes shopping, I always head straight to the boys' clothes because I think they are way cooler!

Persevering

# Identity

It is great to be proud of who you are and to celebrate our wonderful differences.

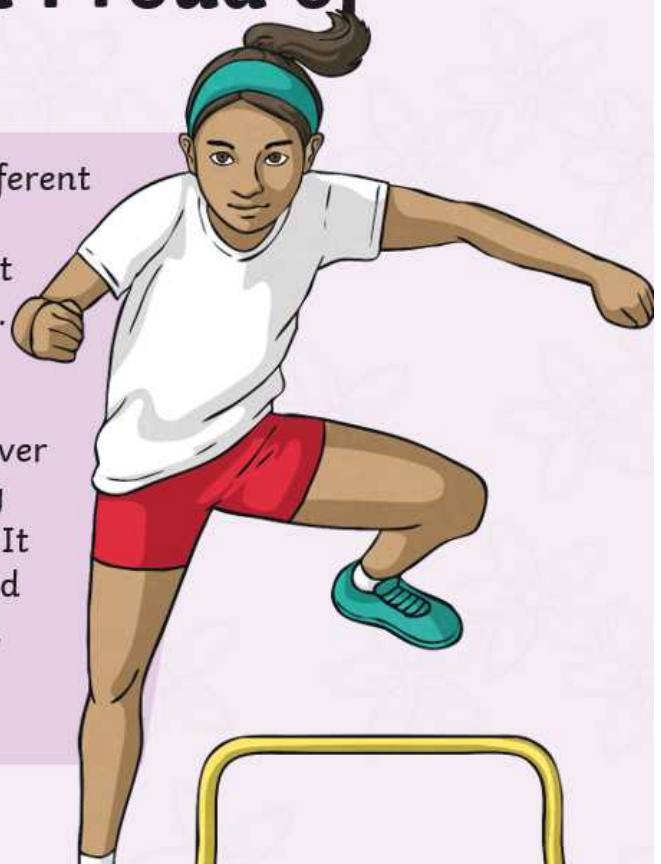


Dreaming

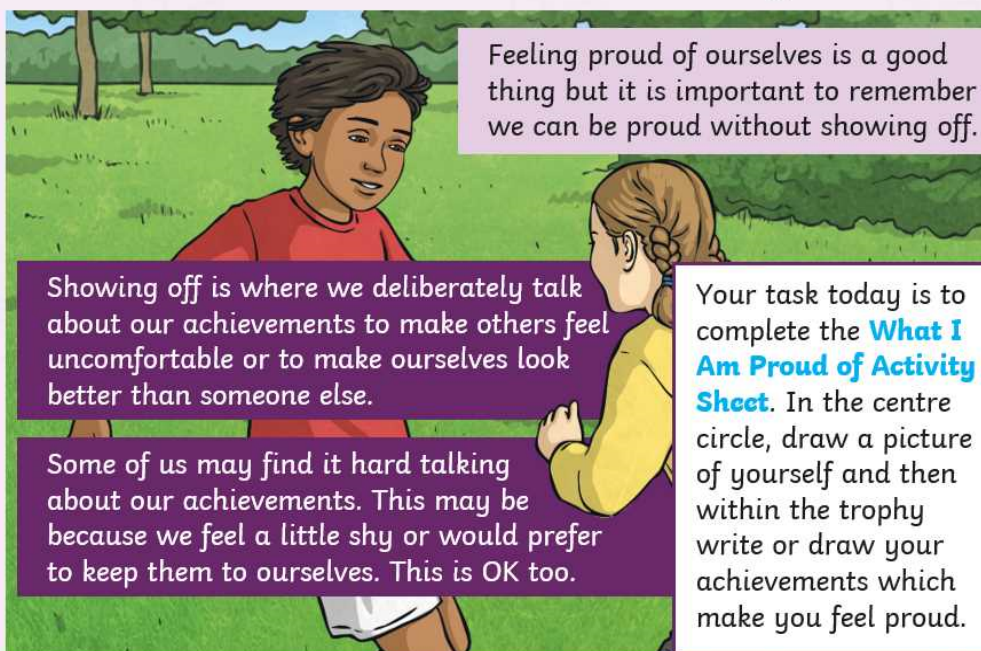


## What I Am Proud of

We all achieve and feel proud of different things. What is seen as a simple everyday thing for one person might be an achievement for someone else. For example, one child might find running really easy and might run every day. For someone who has never run before, taking part in a running race would be a huge achievement. It is important we show interest in and respect for everyone's achievements. It is also important we celebrate with others when they feel proud.



## What I Am Proud of

An illustration of a boy and a girl talking in a park. The boy is on the left, wearing a red shirt, and the girl is on the right, wearing a yellow shirt. They are standing in a grassy area with trees in the background.

Feeling proud of ourselves is a good thing but it is important to remember we can be proud without showing off.

Showing off is where we deliberately talk about our achievements to make others feel uncomfortable or to make ourselves look better than someone else.

Some of us may find it hard talking about our achievements. This may be because we feel a little shy or would prefer to keep them to ourselves. This is OK too.

Your task today is to complete the **What I Am Proud of Activity Sheet**. In the centre circle, draw a picture of yourself and then within the trophy write or draw your achievements which make you feel proud.

Together

# Achievements

Below are examples of achievements that you could use to help you think about what you are proud of.



swimming



running



exams



forgiving someone



playing an instrument



gymnastics



looking after someone



being kind



reading



cooking



writing



managing emotions



climbing



being creative

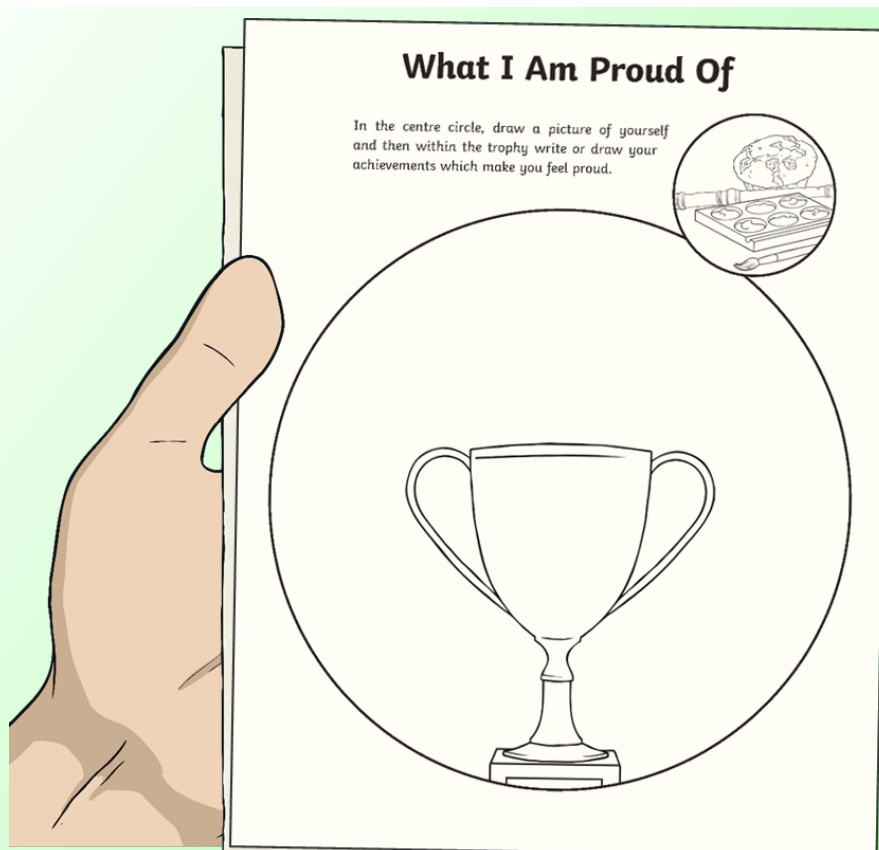


going to bed on time



listening to others

## Reflecting



Persevering

## Positive Action



Sit quietly for a moment and think about ways you can use your strengths and achievements (the things you are proud of) to make a positive difference to others.

If you feel happy to, please share your thoughts with the class or on Dojo.

We all have things to feel proud of – let's be a class that celebrates all of our achievements!

Dreaming



## Aim

- I can say the things about myself that I am proud of.

## Success Criteria

- I am proud to be unique and the person I am.
- I can identify the difference between being proud and showing off.
- I can reflect on how I can use my achievements to help others.

Did you meet today's aims? How have your answers to 'The Big Questions' changed?

Reflecting

## The Big Questions



