

**Knowledge - what I already know**

I know that not everyone is the same.

**Knowledge - what I will know by the end of this unit**

- To know our likes and dislikes
- To recognise when someone is feeling proud
- To appreciate being special
- To know how to recognise worrying feelings
- To know how to stay calm and relaxed
- To know how to stand up for myself.

**Useful vocabulary**

- Similarities** - things that are the same between 2 people
- Differences** - things that different between 2 people
- Unique** - something that nobody else has makes you unique
- Proud** - a feeling where we are very happy about something we done
- Special** - something that is important about you
- Compliment** - when we say something nice to someone else
- Strengths** - things we are good (strongest) at
- Talents** - special things we can do that others cannot
- Defend** - to protect or stop from harm
- Assertive** - to be confident
- Stressed** - when we are overwhelmed and become worried
- Catastrophe** - something terrible has happened
- Boost ups** - when we say nice things to motivate
- Put downs** - when we don't say nice things and make people sad

**Activities**

- What makes you unique activity. Whole class, think about what makes you unique and special.
- Compare the things that pairs like together. Find two things that you and your partner like.
- Role play situations where someone makes you feel proud with boost ups and when someone uses put downs on your ability.
- Discuss ways that we are special.
- Introduce a worry box
- Introduce a catastrophe scale. Discuss things that are worth tears and things that are not.
- Practise different ways to relax
- Role play ways to stand up for myself.
- Make poster to tell children how to stand up for themselves.

**Skills**

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Agree to follow rules for group and classroom and understand how rules help them.
- Recognise the choices they make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people and cooperate with others.

