

# Marvellous Me



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# Aim

- I can talk about what makes me special.

## Success Criteria

- I can identify my favourite things and things I am good at.
- I understand we are all different and that makes us special.
- I can tell others what I think is special about them and understand that this can make them feel happy.

# **The Big Questions**



# The Big Questions



What makes  
us special?

Why is it important to  
be kind to ourselves?



# **Reconnecting**

# All About Me



## All About Me

We are all different and that makes us special! Draw some of the things that make you special in the boxes below.

My favourite foods are...



In school, the things I enjoy most are...



At home, I like to...



I am good at...



This resource is fully aligned with the Learning Outcomes and Core Skills outlined in the PSHE Curriculum Framework for England.



PSHE and Citizenship | Year 1 | Relationships | Be Yourself | Mindfulness | Lesson 1

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# **Exploring**



# Only One Me



What a lot of fabulous things you like and are good at!

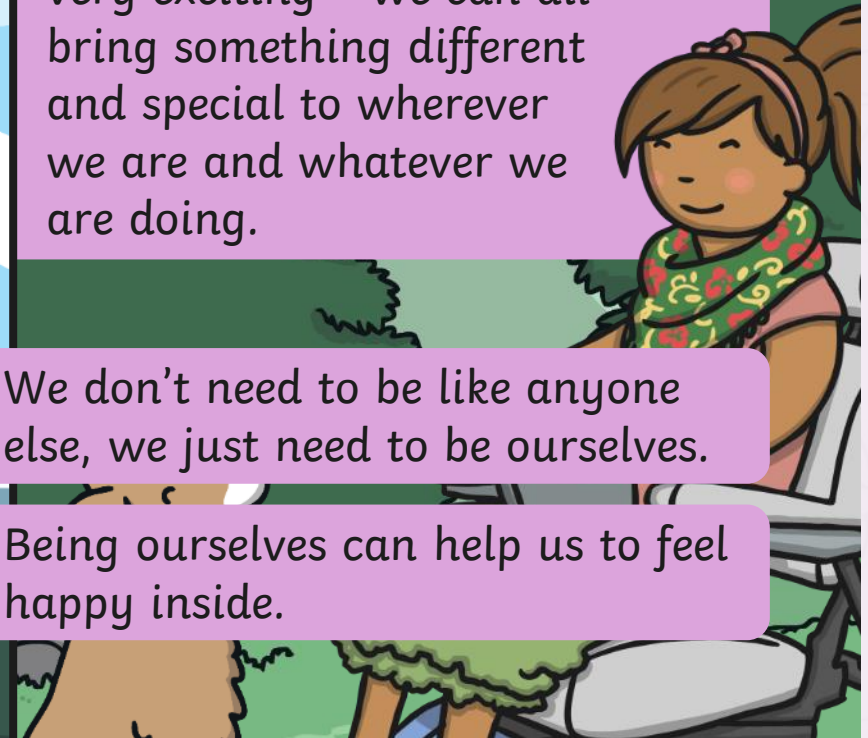
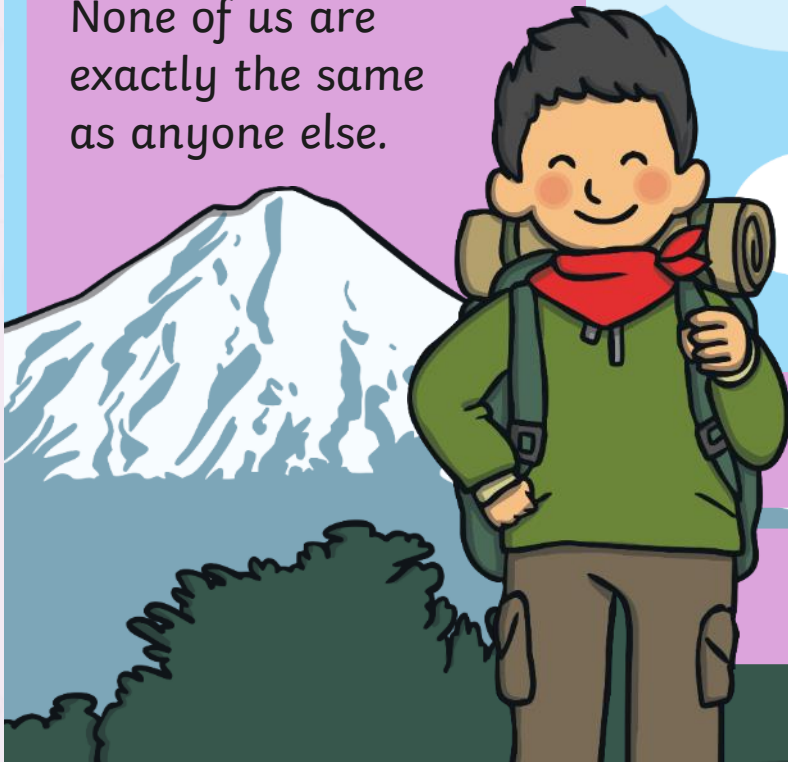
None of us are exactly the same as anyone else.

We are all individuals and this is what makes us special.

There is only one you! This is very exciting – we can all bring something different and special to wherever we are and whatever we are doing.

We don't need to be like anyone else, we just need to be ourselves.

Being ourselves can help us to feel happy inside.





# Helping Others to Feel Good



**Consolidating**

How did it feel to hear what your partner thinks is special about you?

**Reflecting**

How did it feel to tell your partner what you think is special about them?

Let's do all we can to help others feel happy to be themselves!

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# We Are All Stars



On the star on your **We Are All Stars Activity Sheet**, draw a picture of yourself in the centre and on each star point write or draw something that makes you special.

Remember all of these things make you marvellous!

## We Are All Stars

We are all different. This makes the world an exciting place! We all like different things, we are all interested in different things and we are all good at different things. This makes us all special! Draw a picture of yourself in the middle of the star and then write or draw things which make you special on each star point.



What makes you special?

There is only me!

Take a few moments to think about this.





# **Reflecting**



# Being Kind to Ourselves



We are all special, we are all different and we are all unique!

Unique means being unlike anything or anyone else.

Sit quietly  
make you  
like you -

How does

There are always ways for you to learn and grow but there is so much that makes you marvellous – enjoy being you!

# **The Big Questions**

# The Big Questions



What makes  
us special?

Why is it important to  
be kind to ourselves?

What have you  
learnt today?





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