

PSHE Spring 1 Self Awareness – Wk 3

| Citizenship/Well-being. Spring 1-Week 3-Self Awareness | |
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| Outcome- I can tell you some of my personal strengths. | |
| <p>Resources Chime 6 A4 pieces of paper, each one with statement: I can.... I am..... I enjoy..... I do not enjoy..... I am learning to..... I feel....</p> | <p>Vocabulary Feelings/emotions Identity Reflect Self-awareness Strengths Qualities</p> |
| <p>Teaching and Learning. Circle time. Children all sitting. Ask for a volunteer to greet someone else in the classroom (following on from week 2, How are you feeling this afternoon?) Mindfulness. Watch Mindful Ozzy https://www.youtube.com/watch?v=0k_R7R1gldA or use classroom mindfulness technique. Tell me This week we are going to be thinking about aspects of our identity. Our identity is who and what we are and the way we feel. Self-awareness is the understanding of your own feelings and actions and how they affect yourself and other people. Self-awareness affects how we make friends and play and how we learn. Ask the children to imagine they are watching themselves on TV and they are watching themselves playing in the playground at lunchtime, someone bumps into them and they fall over or someone new asks them to play a different game, What do you think you would see? Partner talk. Activities</p> | <p>How are you all feeling now? Can you label the emotion you are feeling? Do you feel different after watching the Ozzy film? Can you think of one thing about yourself that helps you learn? Do you think you see the same things about you</p> |

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YR- Ask children to think about things they are good at doing(strengths) and things they find a little harder to do. These could be skills/ability or personal qualities.

YR 1 and YR 2- Have one piece of A4 paper on each table and one on carpet (6 in total) with one of the following written on each piece.

I am - I can- I enjoy - I do not enjoy - I fee l- I am learning to....

Split the children into the 6 groups and rotate to each table discussing within the groups each comment. Encourage all children to take turns to say a sentence beginning with the statement on their table.

Reflection

YR- Children draw a picture of themselves doing something they are good at.

YR 1 and 2 -Draw/write a list of each one of statements from the activity above.

Evaluation

Do the children have good levels of self-awareness?

that others see?

Do we all like the same things?

Are we all good at the same things?

Is there anything you would like to get better at?
How can you make this happen?

How well do you think you did?

What did you do well?

Would you change anything?