

Relationships - Be Yourself

PSHE and Citizenship | LKS2 | Planning Overview

About the Topic

This unit is inspired by the idea that it is important to have confidence to be yourself. It aims to enable children to identify their strengths and achievements as well as help them to recognise different emotions they experience. In this unit, children will also explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The children will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages. The unit ends with the children exploring how to make things right when we make mistakes, both in person or online, and the importance of learning from these.



Home Learning

Achievements: In this home learning activity, children reflect on their achievements outside of school. They are asked to draw a picture of something they have achieved which they are proud of.

Making It Right: In this home learning activity, children look at the mistakes they have made and document how they have made these right. They are encouraged to see mistakes as an important part of their learning journey.



Wider Learning:

Why not arrange a 'Be Yourself' day focusing on celebrating the differences within the class?

Assessment Statements

All children should be able to...

- list some of their achievements and say why they are proud of them;
- identify facial expressions associated with different feelings;
- describe some strategies that they could use to help them cope with uncomfortable feelings;
- suggest assertive solutions to scenarios;
- explain that the messages they receive from the media about how they should look, think and behave are not always realistic;
- suggest ways to make things right after a mistake has been made;
- explain that mistakes help them to learn and grow.

Most children will be able to...

- identify their own strengths;
- explain that how they are feeling on the inside can affect their facial expressions and body language;
- identify and begin to implement strategies to help them cope with uncomfortable feelings;
- begin to demonstrate appropriately assertive behaviour;
- analyse messages given by the media about how they should look, think and behave;
- demonstrate how they are going to make things right after mistakes have been made;
- explain what they have learnt and how they have grown from mistakes they have made.

Some children will be able to...

- discuss how they could use their strengths and achievements to set aspirational goals;
- support others with their internal feelings according to their facial expressions and body language;
- suggest strategies to others to help them cope with any uncomfortable feelings they may be experiencing;
- identify if behaviour is aggressive, passive or assertive;
- discuss the impact on others of making amends after a mistake has been made.

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