

PSHE: This is me!

Knowing yourself really well is something that the World Health Organisation lists as one of the ten most important life skills. Self-awareness can have a huge effect on how we feel and behave every day. Today's learning is all about self-understanding, thinking about, and sharing how we feel about ourselves.

I would like you to read each of these statements out loud and think about how each one is true. You are all unique, creative, confident, motivated, brave and helpful!



Now take a look at the next page and complete each part.

THE DIFFERENT WAYS I FELT TODAY...

Circle all the feelings you've had today...and even add your own!

Tired

Hopeful

OVERWHELMED

HAPPY

OPTIMISTIC

EXCITED

SAD

ANNOYED

LOVED

WORRIED

1 THIS IS ME

CHALLENGE

Three good things today...

'Be yourself, everyone else is already taken.'

OSCAR WILDE



The **superpower** I'd like to have is...

Write a **positive** statement about yourself... "I am"... "I can"...