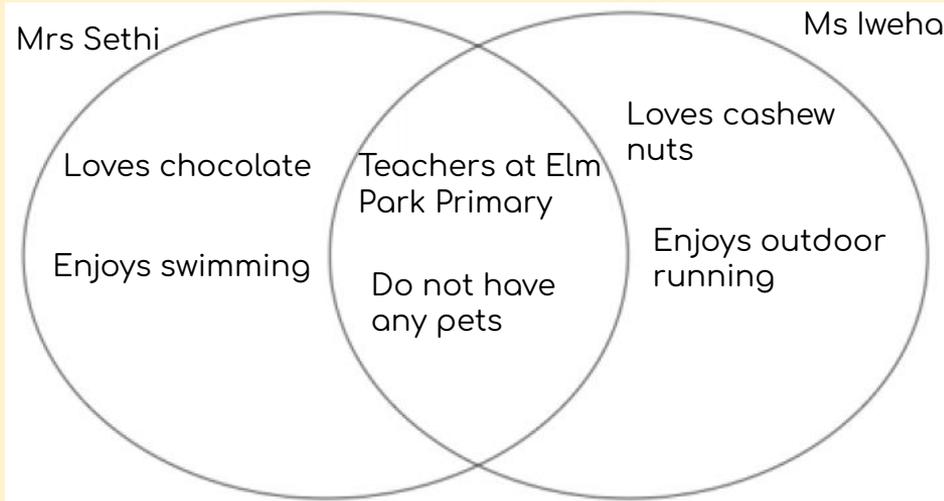


Wednesday- PSHE

LI: To appreciate differences in ourselves and others

We are all special and valuable members of the school community, however, we all have many similarities and differences.

Look at this venn diagram below that compares Mrs Sethi and Ms Iweha.



Think about the differences between you and your friends and how these differences can make you feel. Complete this task in your e-journal.

Vocabulary

differences
similarities
community
valuable
relationships

Being Different

Write about the differences between you and your friends.

Write in here..



Write about how being different can sometimes make you feel uncomfortable.

Write in here..



Wednesday- PSHE

L1: To explore identity and behaviour

What is identity?

The way we are, the way we look, what we like/dislike, the activities we do makes up our identity. All those things mean people are able to identify you.

Everyone's identity is unique and it is very important to appreciate and value our unique identity. Try not to give into [peer pressure](#) or change your identity/behaviour to please others. Let's look at [top tips](#) for handling peer pressure.

Vocabulary

identity
behaviour
tolerance
respect
beliefs
opinions
differences
similarities

Task

Describe someone in your class by describing their identity.

Think about:

What do they look like?

What do they like/dislike?

What are their strengths?

Then we will guess who it is!

Guess?
Who!

Wednesday- PSHE

LI: To recognise how feelings can influence behaviour



Can you identify the feelings below?



Vocabulary

feelings
thoughts
behaviour
safe
unsafe

Reflect on how you are feeling today and complete this task in your e-journal.

Complete the table with as many feelings as you can think of.

Positive feelings	Negative feelings
Excitement	Sadness

How Do You Feel Today?

Write in here...

Wednesday- PSHE

LI: To discuss why people choose to 'mask' feelings

Let's read 'Wouldn't it be boring if we were all the same'

What feelings do you think Dot experiences?

What physical and emotional feelings does Dot experience?

Why do you think Dot tried to hid/mask her feelings?

How would you feel physically and emotionally in these scenarios?

- On the night before a holiday
- When going to a party
- If you have lost your birthday money
- When you are being shouted at

Why do you think people mask these feelings?

jealousy
disappointment
anger
fear

Vocabulary

feelings
thoughts
mask
behaviour
safe
unsafe

Using your class feelings word bank, complete this task in your e-journal.

We Have Different Feelings At Different Times

	
They have done well in class.	They got told off by the teacher.
	
It is the night before a special party.	They have lost their favourite toy.

Wednesday- PSHE
L1: To describe our safe place

Describe the difference between a safe and unsafe place.

Feeling Safe

Here are three things that I try to remember all the time to help me feel safe.

It's as easy as **1, 2, 3**



1. We all have the right to feel safe all the time.

2. We can talk with someone about anything, even if it feels awful or small.

3. Others have the right to feel safe with me.

Let's make a list of safe and unsafe places

Safe places:

Home

School

Unsafe places:

Dual carriageway

Vocabulary

feelings
thoughts
comfort
security
safe
unsafe
comfort
relaxed
content

Create your [imaginary safe place!](#)
Use our vocabulary box to help you.