

PSHE

Week 4; Celebrating Difference

Use kind words...

- To start with write down 2 sentences about yourself, starting with 'I am special because...'
- Calm me... sit up straight and close your eyes, think of your happy place. Remember to breathe like you've been practising in school during PSHE... Breathe in through your nose and blow out through your mouth about ten times.
- Look at your reflection in the mirror and choose two things that you like about your physical appearance (eg, eyes, mouth, hair) write these down.
- Did you find this difficult?
- Draw a template photo frame and stick a picture of yourself in the middle (you can draw a self-portrait if you haven't got a photo)
- Around the picture write down qualities and special features about yourself; they could also include things that you like about your appearance, personality and character that makes you unique.

