

Monday - Express Yourself

Today you are going to be thinking about what makes you, you!

You are a very special and unique person, with many special, positive qualities.

Everyone is different.

Everyone likes to express themselves in different ways.

Everyone likes and dislikes different things.

Everyone thinks in slightly different ways to other people.

Everyone has a right to be themselves.

Everyone should be confident enough to believe in themselves and who they are.



Who are
YOU?



*Just stop and think
about what makes
you, you?*





Who are YOU?

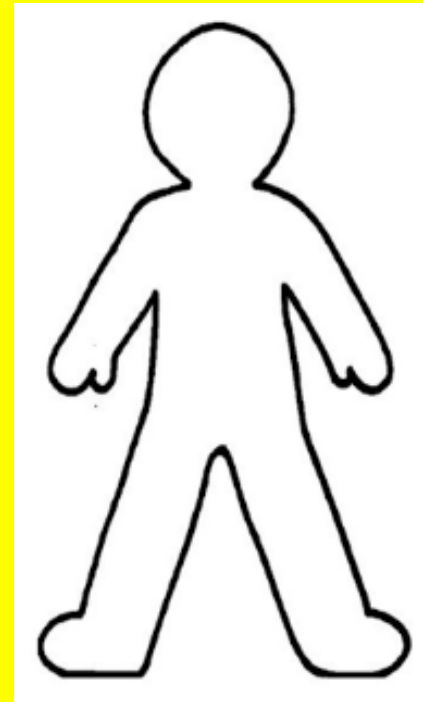


*What makes you different to
your friends?
What makes you happy?
What makes you cross?
What makes you sad?
What makes you feel loved?*



For our activity today we would like you to draw a picture of yourself in your favourite outfit. What would you wear that best shows off your personality? What colours would you wear? What accessories? What shoes?

If you want to use the template of a person you can do (sheet attached), but you don't have to - that's up to you!



Once you have drawn and coloured a picture of yourself, label around your drawing what makes you, you! Here are some ideas...

What makes you happy?

What's your favourite colour?

What's your favourite animal?

Who are your friends?

Which is your favourite season?

What do you like to eat?

What is your favourite sport/ team?

What music do you like to listen to?

What is your personality like?

Here is an example for me, Miss Johnson.

I love walking
in the countryside.

I love dancing.

I love the summer,
but I also love it when it
snows.

I like friends
who make me feel
good about myself and
make me smile.

I love listening to
lots of different
kinds of music.

I have curly hair.

I don't have a
favourite colour.



I support Leeds
United.

I love fish and
chips, pizzas and
roast dinners -
not all at once!

I love teaching!

I am kind.

I am at my happiest when I'm on holiday
either on a beach or up a mountain.

We would love it if you could share your pictures with us on Teams this afternoon and tell us some of the things that make you, you!

