

## What do you like about yourself?

KS2: 7-11 YEARS

**Duration:** 20 minutes

**Lesson objective:** Children will reflect on the activities and interests that make them who they are. They will learn that it is a positive thing to be proud of what makes them different from those around them.

**Keywords:** confident, unique, proud

**Lesson materials:** Whiteboard, A3 paper, post-it notes

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**Introduction — 1 minute:** *What makes us feel good about ourselves?*

*Explain to your pupils that you will be talking about things that make us feel good about ourselves.*

- Everyone likes to do different activities — which is a good thing.
- The things we like to do, like playing football or dancing, are what make us all unique.
- We shouldn't let others make us feel bad about doing the things we like — and we should be proud of the things we're good at.

**Being proud of achievements — 7 minutes:** *What do you think you're good at?*

*Gather pupils in a circle and ask each of them to mention one thing they think they are good at or an accomplishment that made them feel proud.*

- Make sure to praise them and underline that they should be proud of their achievement.
- When everyone has had a chance to share what makes them feel proud, point out that they all like different things, making each person special.

**Class discussion — 10 minutes:** *What do you like to do?*

- Write the above question on the whiteboard and ask children to write three things they think make them unique on a post-it note — reassure them that it will be anonymous.
- Collect and read the post-it notes out loud and explain to the class why each person should be proud of each thing that makes them unique.
- Attach all of the post-it notes on the A3 paper to form a poster you can hang in your classroom to remind pupils what makes them unique.

**Recap — 2 minutes:**

Give pupils a quick summary of what it means to be unique — highlighting that having your own interests is important. Reiterate that they should do these things because they want to — not because someone tells them to.