

Marvellous Me



twinkl

Aim

- I can talk about what makes me special.

Success Criteria

- I can identify my favourite things and things I am good at.
- I understand we are all different and that makes us special.
- I can tell others what I think is special about them and understand that this can make them feel happy.

The Big Questions



What makes
us special?

Why is it important to
be kind to ourselves?



All About Me



All About Me

We are all different and that makes us special! Draw some of the things that make you special in the boxes below.

My favourite foods are...



In school, the things I enjoy most are...



At home, I like to...



I am good at...



This resource is fully aligned with the Learning Outcomes and Core Skills outlined in the PSHE curriculum for Years 1-6.



PSHE and Citizenship | Year 1 | Relationships | Be Yourself | Mindfulness | Lesson 1

visit [twinkl.com](https://www.twinkl.com)



Only One Me



What a lot of fabulous things you like and are good at!

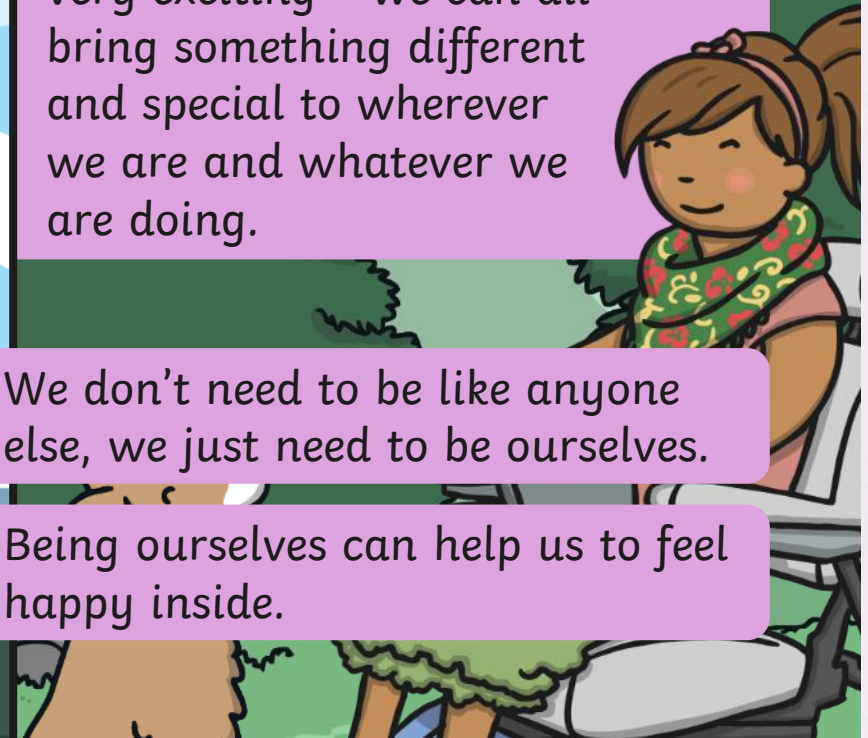
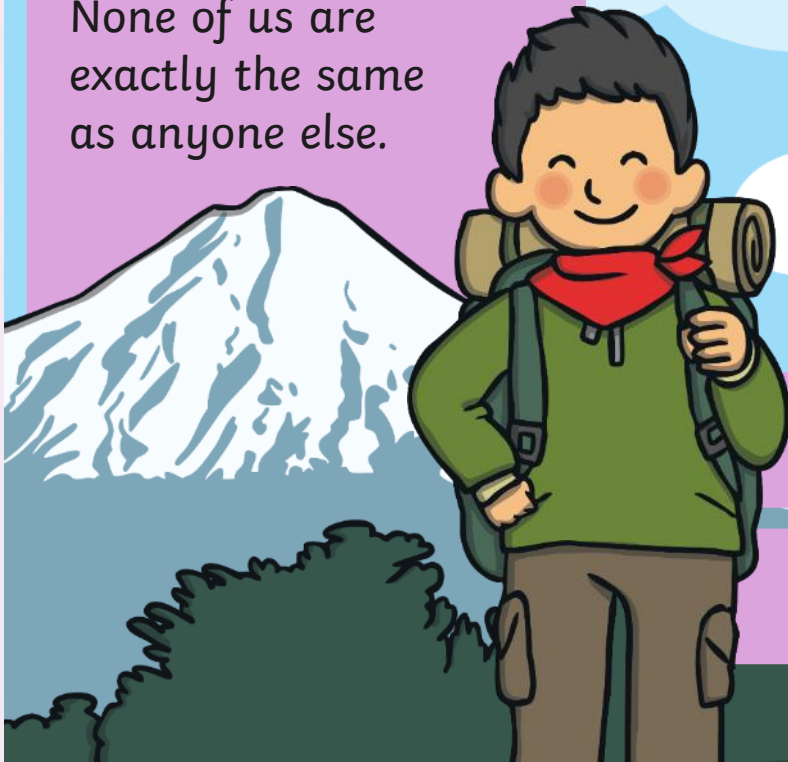
None of us are exactly the same as anyone else.

We are all individuals and this is what makes us special.

There is only one you! This is very exciting – we can all bring something different and special to wherever we are and whatever we are doing.

We don't need to be like anyone else, we just need to be ourselves.

Being ourselves can help us to feel happy inside.



Helping Others to Feel Good



How did it feel to hear what is special about you?

It can help others to feel good when we make time to let them know what we think is special about them.

Let's do all we can to help others feel happy to be themselves!

How did it feel to tell your someone what you think is special about them?

It can make us feel good when we make others feel good!



Tell your partner what you think is special about them. It might be that they are kind, a good friend, that they know how to speak another language or many more things!

We Are All Stars



On the star on your [We Are All Stars Activity Sheet](#), draw a picture of yourself in the centre and on each star point write or draw something that makes you special.

Remember all of these things make you marvellous!



What makes you special?

Take a few moments to think about this.



Being Kind to Ourselves



We are all special, we are all different and we are all unique!

Unique means being unlike anything or anyone else.



Sit quietly and think of all the things that make you special. Nobody in this world is like you – you are totally unique!

How does that make you feel?

There can be times when we can feel different to our friends. This does not mean we need to change. Being happy to be ourselves is a way of being kind to ourselves. Not trying to be like anyone else can help us to feel happy inside.

There are always ways for you to learn and grow but there is so much that makes you marvellous – enjoy being you!

The Big Questions



What makes
us special?

Why is it important to
be kind to ourselves?

What have you
learnt today?

