

# Proud to be me

30 mins

KS 1/2

As activity which is about celebrating differences; what makes each of us unique and proud to be ourselves.

## What you will need

Story about self-esteem or what makes you special. E.g. 'Elmer' or 'I'm Gonna Like Me'

A3 sheets of paper

Scissors

Pens and pencils – different colours.

## Method

- Start by reading the book to the class and then discuss its meaning
- Explain that each of us is unique and special: There is no one on the planet who is completely like us! We should be proud to be ourselves!
- Each of us has something that makes us feel good about ourselves, perhaps a gift or talent. This is something to be thankful for and to be proud of. We don't need to be the best but it is still the thing that we are best at. It is the thing that makes us feel proud to be ourselves.
- Ask the children to talk in groups or pairs about what they like about themselves and what their gifts/talents are – what do they enjoy doing.
- Now ask the children to make a poster writing down or drawing the things that make them unique/proud.
- Give every child a piece of A3 paper, get them to fold it in half and cut out a hole in the middle for their face to fit. Get the children to make a poster photo frame, writing down or drawing the things that make them special
- The finished posters can either be shown off in class or in an assembly. Let the children take their photo frame posters home.

