



PSHE and Citizenship

Relationships | Be Yourself

Pride



Aim

- I can say the things about myself that I am proud of.

Success Criteria

- I am proud to be unique and the person I am.
- I can identify the difference between being proud and showing off.
- I can reflect on how I can use my achievements to help others.

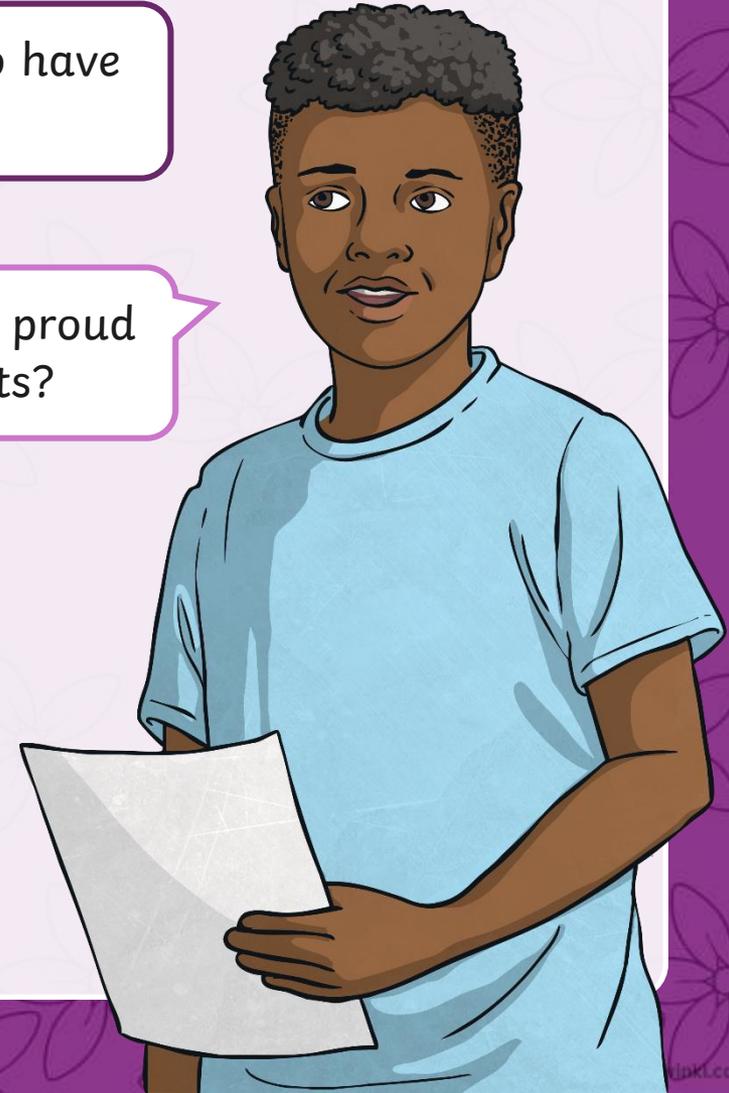
The Big Questions

The Big Questions



What does it mean to have pride in ourselves?

Why should we be proud of our achievements?



Reconnecting

Definitions



What do the words pride and proud mean?

Talk to a partner about your ideas. Then share your thoughts with the class.

Pride, or feeling proud, means having a feeling of being worthwhile because of the person you are or because of something you have done.



Exploring

Proud to Be Me



We are all different and we should all feel proud of who we are.

We are all unique and special.

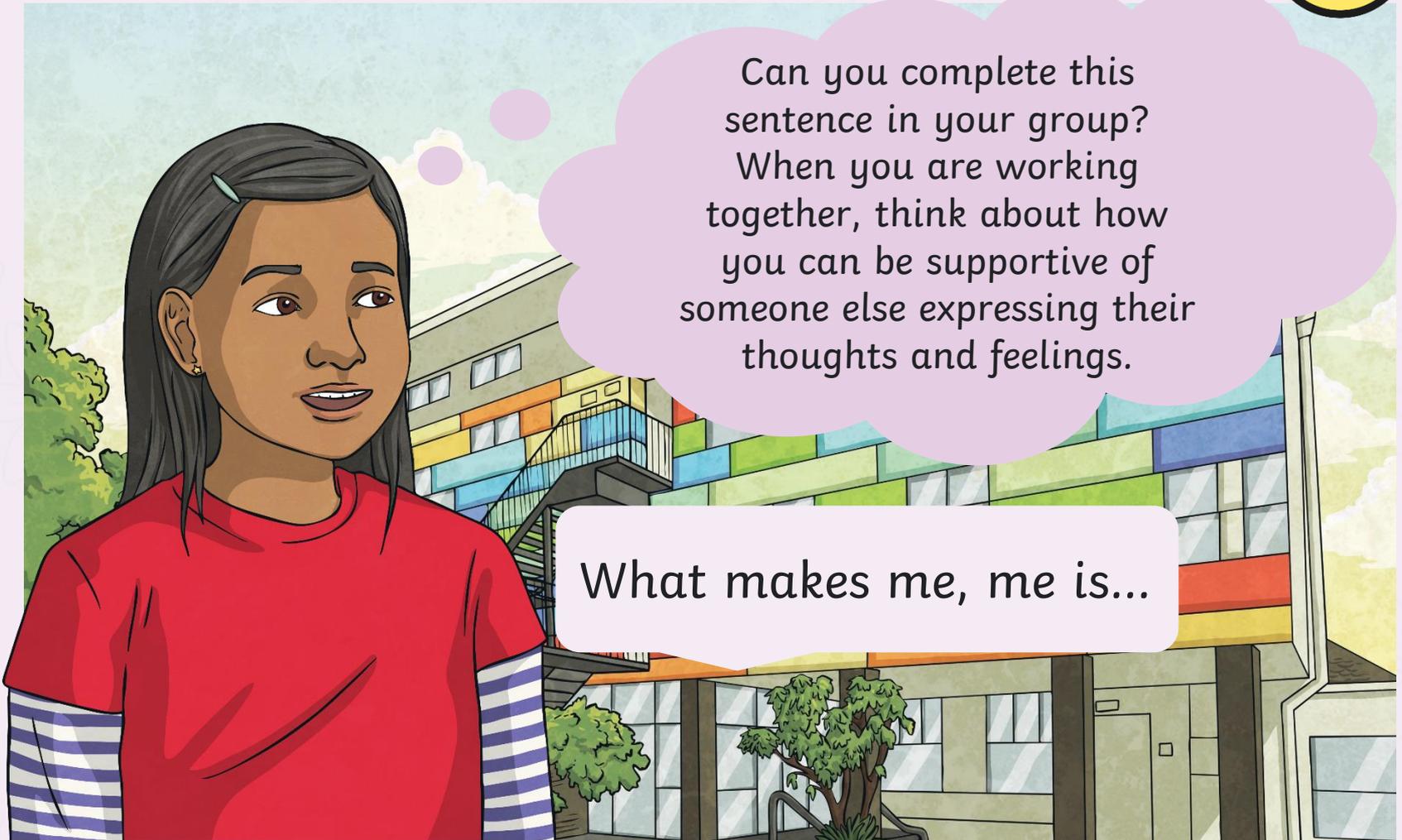


Proud to Be Me



Can you complete this sentence in your group?
When you are working together, think about how you can be supportive of someone else expressing their thoughts and feelings.

What makes me, me is...



Feeling Proud



There are lots of things which can make us feel proud.

When we have achieved something, it is important to feel proud and to recognise the achievement as one of our strengths. Some of the things we achieve we have worked very hard for or shown great dedication to. These strengths and achievements make us the individuals we are and it is very important to be proud of them.

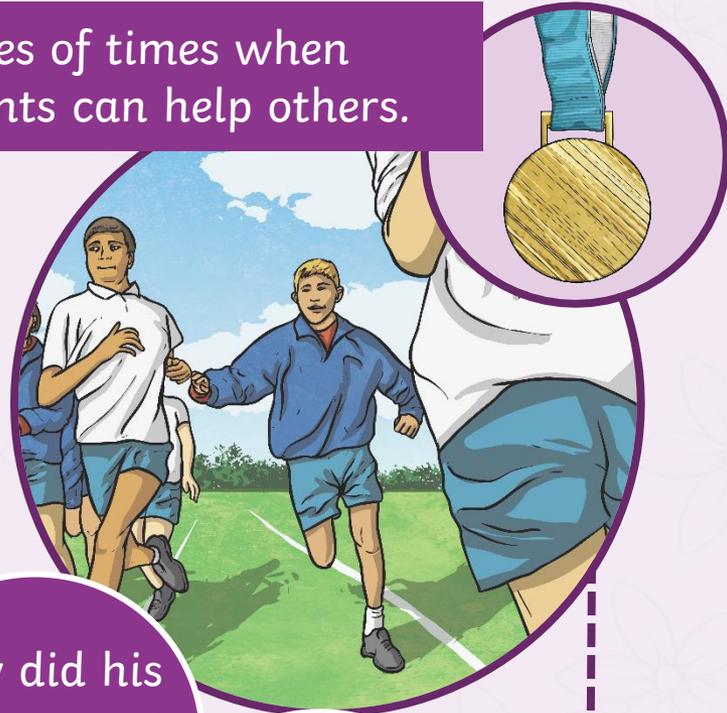


Feeling Proud



Let's look at examples of times when sharing our achievements can help others.

Rohan arrived at school on Monday morning feeling proud. He showed his class a medal that he had got at the weekend for taking part in a fun run. Hannah was interested in this as she wants to be able to run further and feel fitter. Hannah asked Rohan how he became so good at running and he explained that he practised lots and gradually ran further each time. Hannah felt inspired and went for her first run that evening.



How did his achievement help someone else?

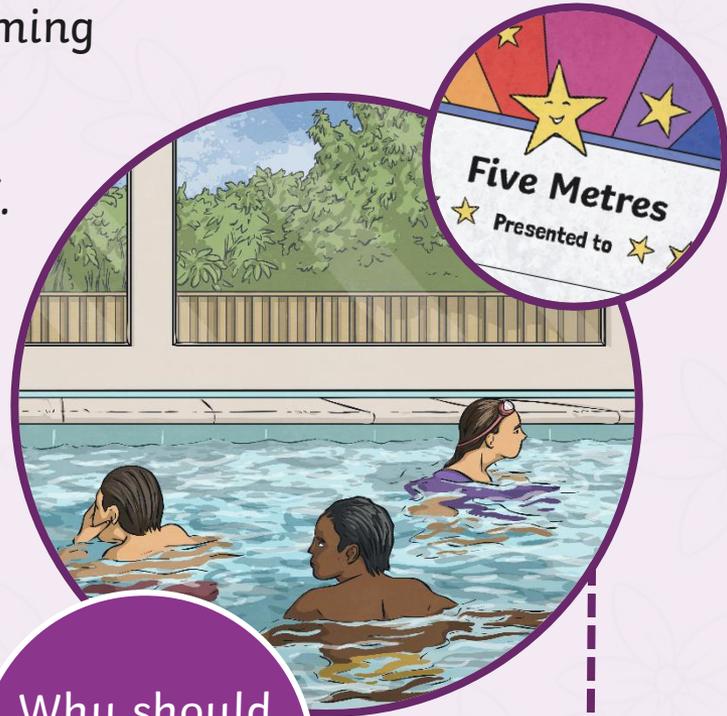
Why should Rohan feel proud?



Feeling Proud

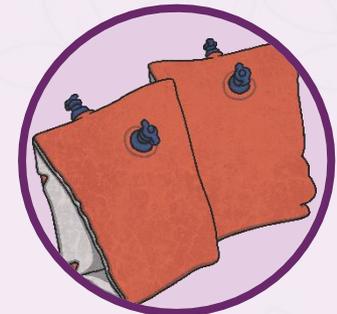


Nikita felt proud. She brought her swimming certificate to school to share in her whole-school assembly. The certificate was for swimming five metres by herself. Billy still wears armbands and really wants to try swimming by himself. Billy decided to ask Nikita how she became brave enough to try swimming without her armbands. Nikita explained to Billy how she built up her confidence. Billy has now decided he wants to try swimming without his armbands the next time he goes swimming.



How did her achievement help someone else?

Why should Nikita feel proud?



Identity



Our identity can be made up of our personality, the things we like, the things we do, the communities we belong to, our appearance, our beliefs, etc. Our identity is unique and is something we can feel proud about.



Identity



Hi, I'm Gracie and I'm unique. Unlike my friends who get looked after by their parents or carers, I have to care for my mum because she is blind.



Identity



Hi, I'm Leo and I'm unique. When I was born, I was assigned the biological sex female. I don't think of myself as a girl though so I identify as a boy and I use the pronouns 'he' and 'him'.

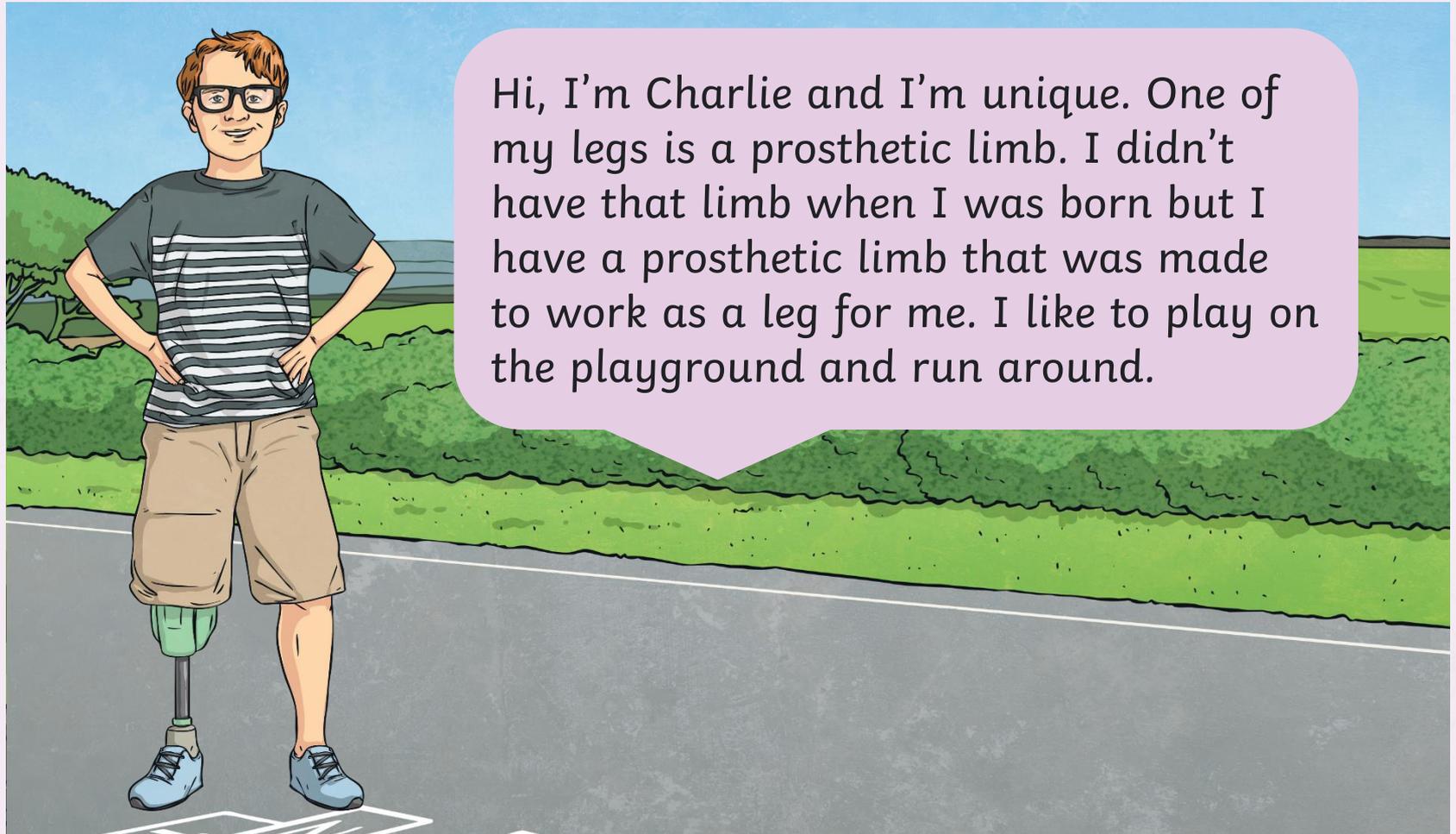
Identity



Hi, I'm Katrina and I'm unique. None of my friends are Jewish but my family is and every Saturday we go to the synagogue.

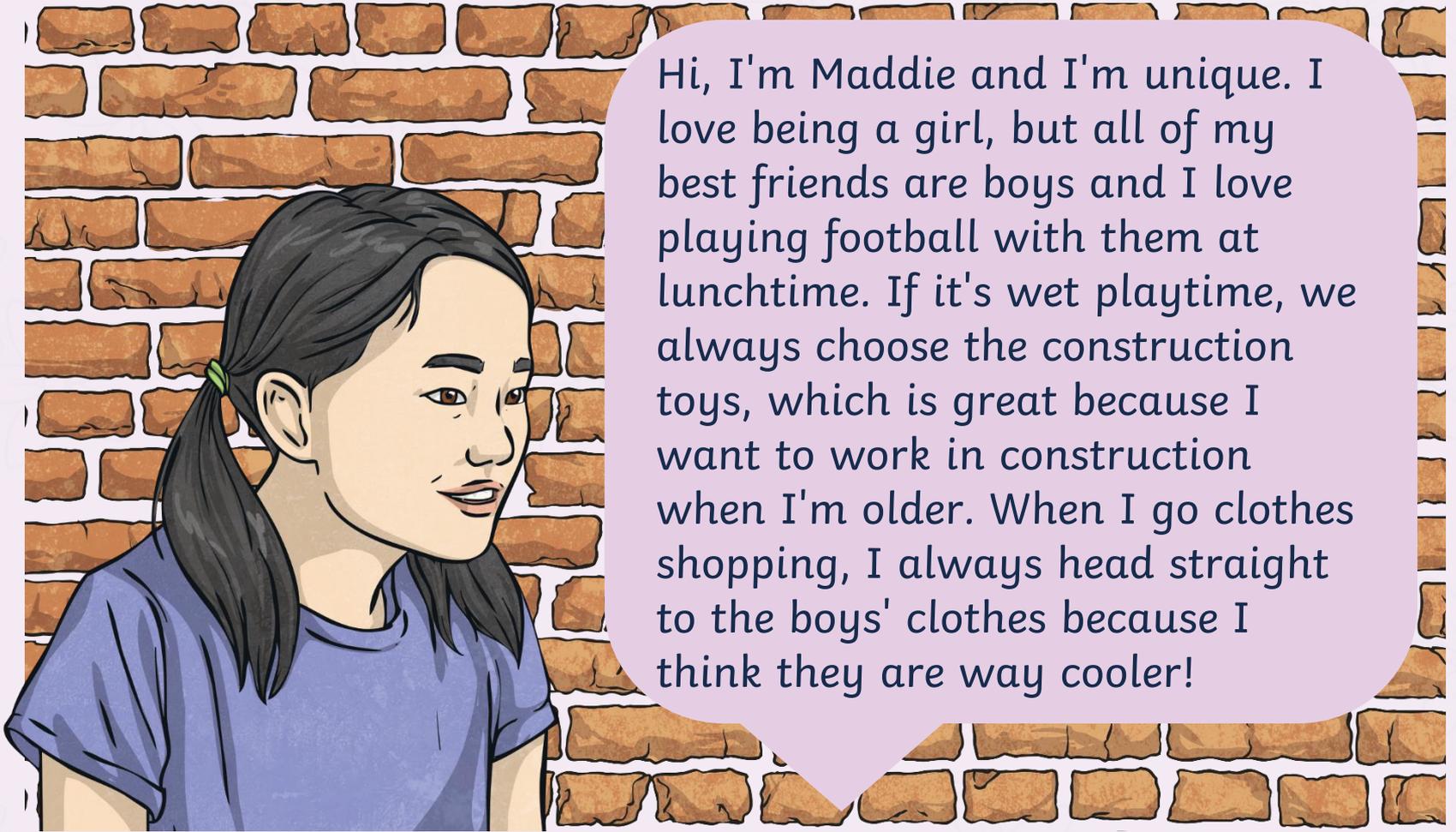


Identity



Hi, I'm Charlie and I'm unique. One of my legs is a prosthetic limb. I didn't have that limb when I was born but I have a prosthetic limb that was made to work as a leg for me. I like to play on the playground and run around.

Identity



Hi, I'm Maddie and I'm unique. I love being a girl, but all of my best friends are boys and I love playing football with them at lunchtime. If it's wet playtime, we always choose the construction toys, which is great because I want to work in construction when I'm older. When I go clothes shopping, I always head straight to the boys' clothes because I think they are way cooler!

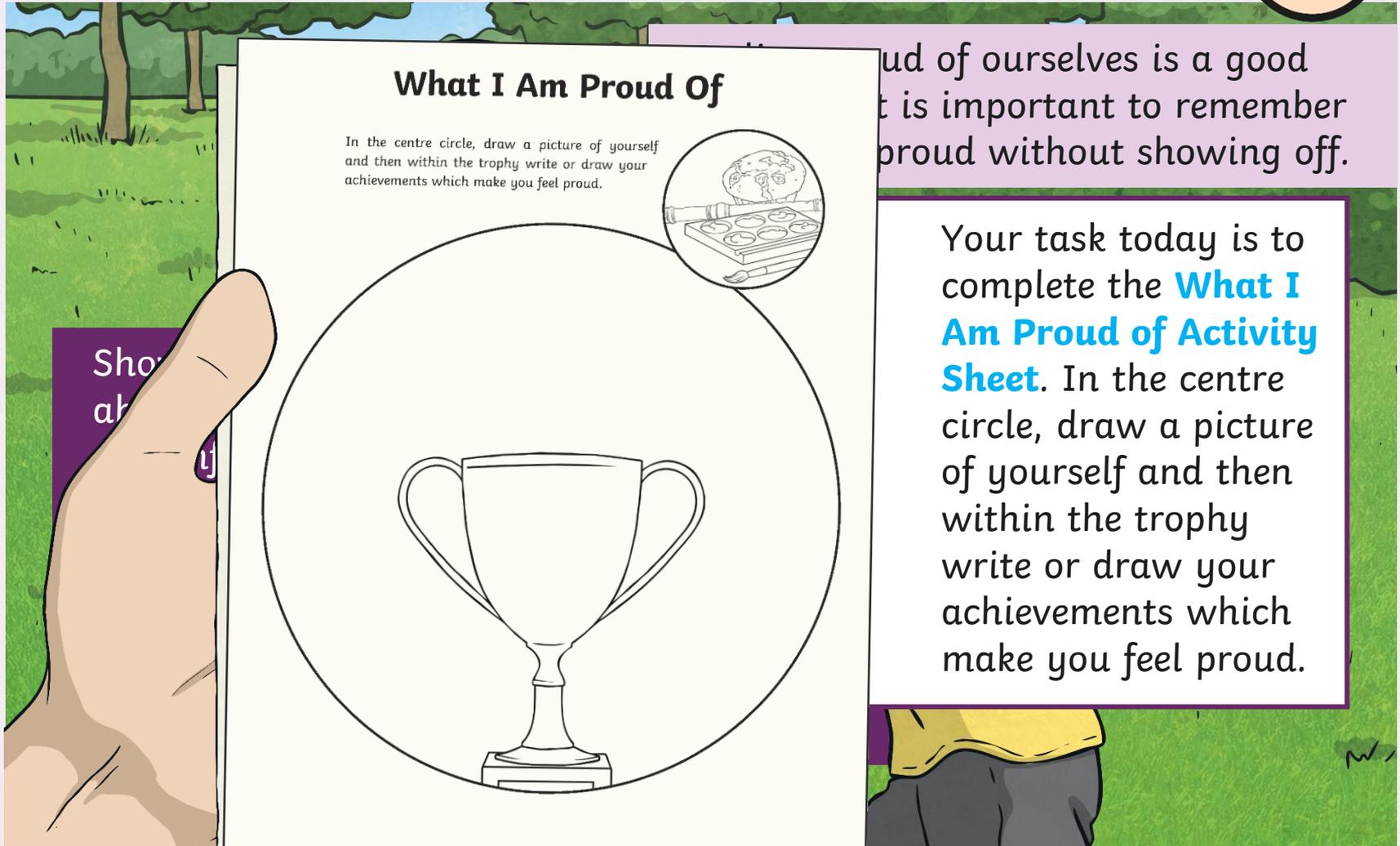
Identity



It is great to be proud of who you are and to celebrate our wonderful differences.



What I Am Proud of



What I Am Proud Of

In the centre circle, draw a picture of yourself and then within the trophy write or draw your achievements which make you feel proud.



...ud of ourselves is a good
...t is important to remember
...proud without showing off.

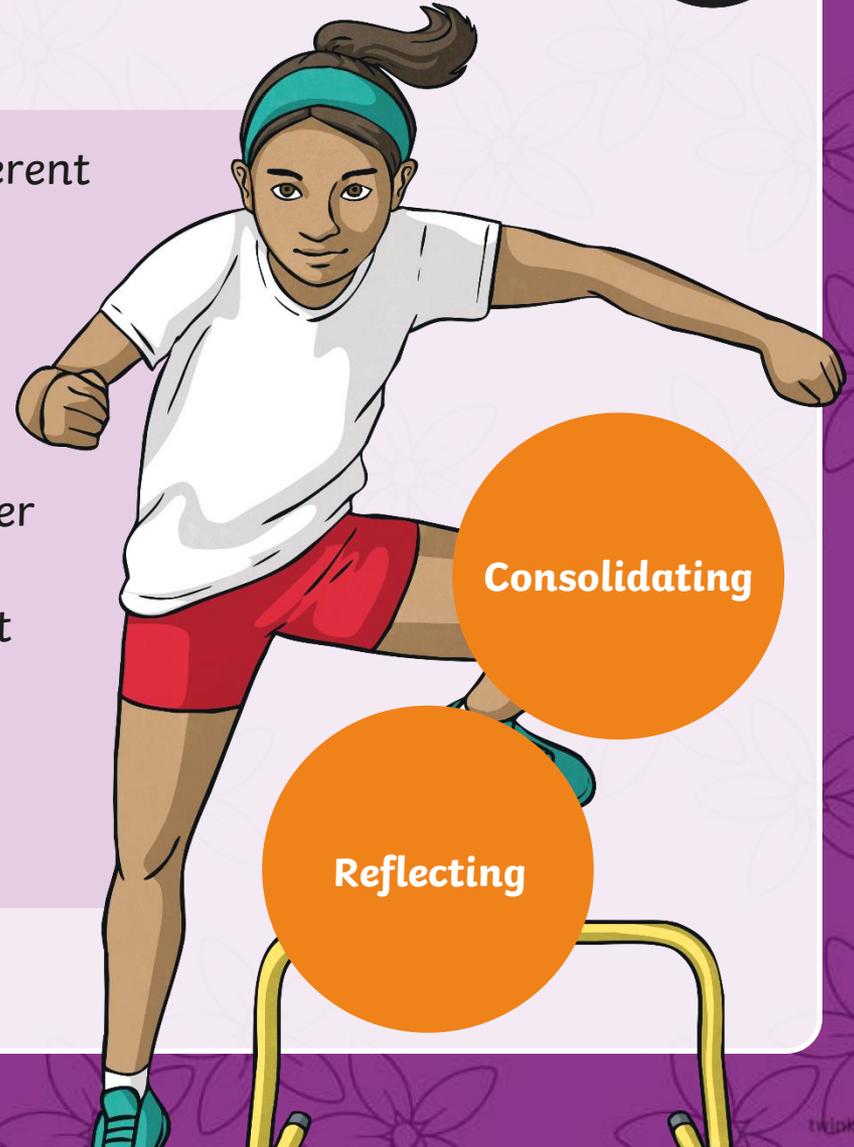
Your task today is to complete the **What I Am Proud of Activity Sheet**. In the centre circle, draw a picture of yourself and then within the trophy write or draw your achievements which make you feel proud.

Show
at

What I Am Proud of



We all achieve and feel proud of different things. What is seen as a simple everyday thing for one person might be an achievement for someone else. For example, one child might find running really easy and might run every day. For someone who has never run before, taking part in a running race would be a huge achievement. It is important we show interest in and respect for everyone's achievements. It is also important we celebrate with others when they feel proud.

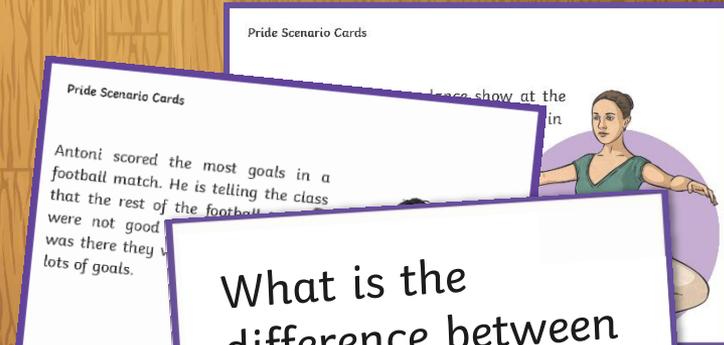


Consolidating

Pride Scenarios



In pairs, look through the **Pride Scenario Cards** and sort these into two piles. One pile will be those cards which you think describe someone showing off about their achievements and making others feel sad. The other pile will contain examples of children feeling proud about their achievements and using this to motivate and inspire others.



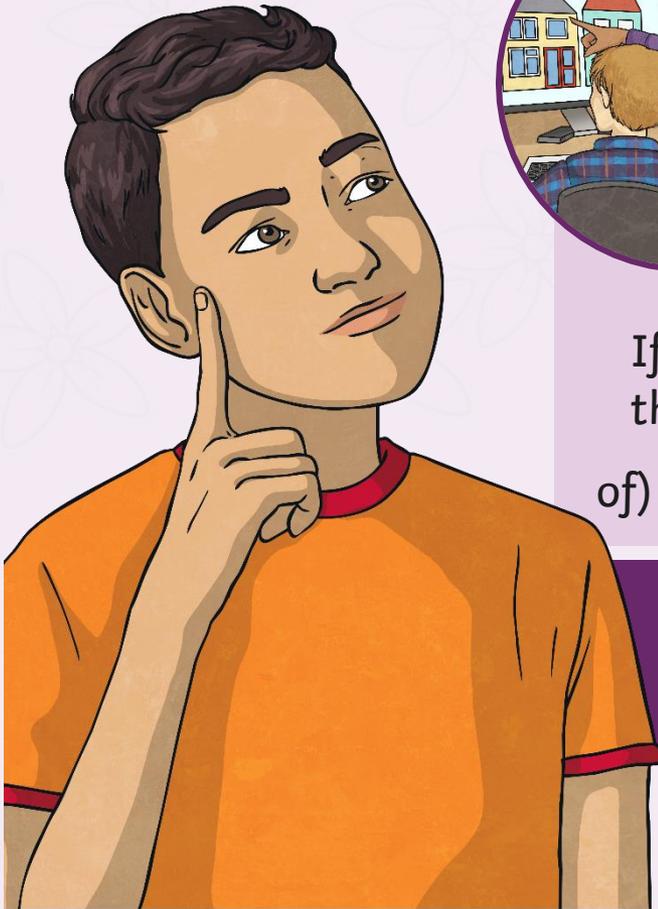
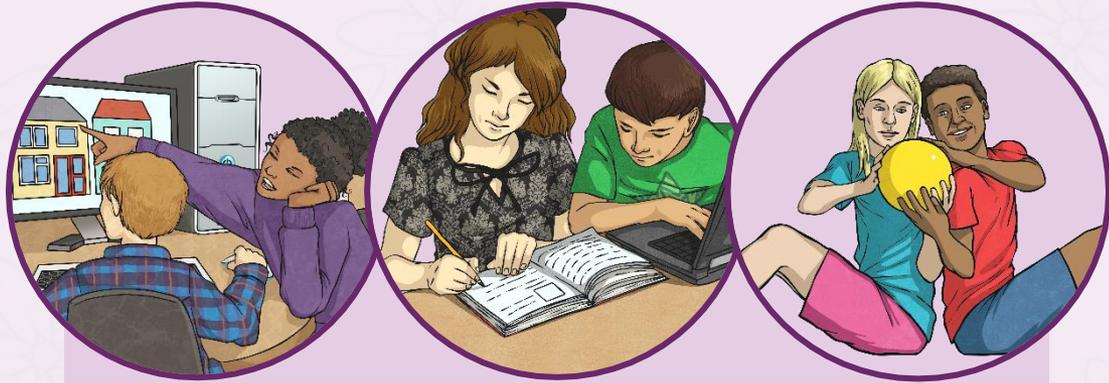
What is the difference between feeling proud and showing off?

What difference does feeling proud or showing off make to others around us?



Reflecting

Positive Action



If you feel happy to, please share your thoughts with the class.

of) to make a positive difference to others.

We all have things to feel proud of – let's be a class that celebrates all of our achievements!

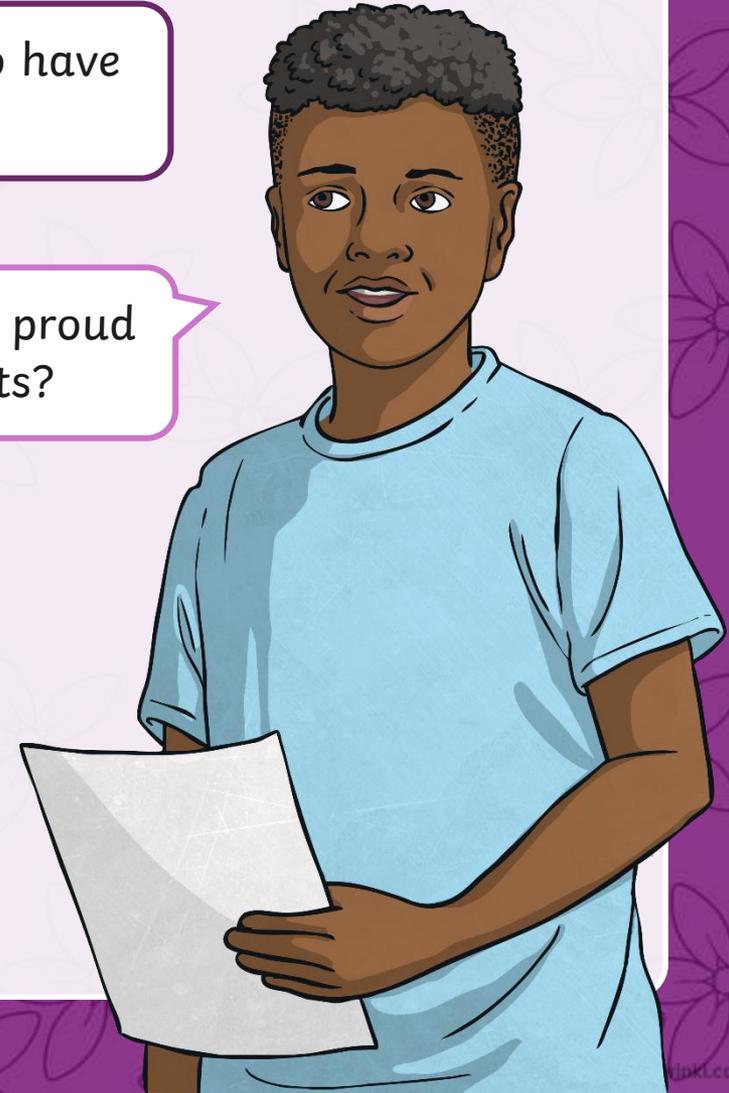
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