

KS1 RESOURCE

All Different

All Equal

#ANTIBULLYINGWEEK

UNIQUE VOICE CIC

Anti-bullying 2017

KS1 Lessons Plan

'I AM PROUD'



Unique Voice CIC©



'I AM PROUD'

PART A

Overview:

Combination of individual and group activities exploring what makes us an individual and what qualities we have to be proud of.

Duration: 1 Hour

Resources required:

- 1 Star of pride [Appendix 1]
- 'I am proud to be me' worksheet [Appendix 2] (one per table)
- Writing pencils
- Colouring pencils
- Filming device (optional)

Learning Objective:

To highlight the positive attributes each child holds, embracing and celebrating these positive differences.

Cross curriculum links:



Drama



Literacy



Lesson Section A: 'I am proud to be me!'

Class room preparation: Sit the class in a circle on the carpet.

Step by Step:

1. Begin the lesson by writing the lesson title 'I am proud to be me!' on the board and explain to the class that we are going to be focusing on all the great things that make everyone different, special and unique.
2. Ask the children if they can explain what the word 'pride'/'proud' means and what kind of things you would feel proud of. Introduce the 'Star of pride' [Appendix 1] to the class and pass it around the circle. When each child has hold of the star invite them to say "I am proud to be me because ..." completing the sentence with something that refers to themselves. This could include a skill or talent they have, such as "I am proud to be me because I am good at art" or highlighting a positive element of their personality, such as "I am proud to be me because I am funny". Continue passing the star around the circle giving every child an opportunity to speak.
3. Have the children then return to their seats at their tables and give each child a copy of the 'I am proud to be me' worksheet [Appendix 2].
4. The children should then complete the worksheet by drawing and writing further reasons why they are 'proud to be me', thinking of an example within their skills & talents, interests & personality.
5. When the children have completed the worksheets invite a few volunteers to share their work with the rest of the class, explaining to everyone why they are proud to be themselves (this could be filmed by the teacher).
6. The teacher then chooses a few examples from each of the categories on the children's worksheets for the class to act out and bring to life. Encourage diversity here, by choosing a wide range of different examples (this could be filmed by the teacher).
7. Conclude the lesson highlighting the great range of qualities we have within the class, celebrating all the children have shared.



Why not ... Edit together the iPad footage to create your own "I am proud to be me!" class video, this can then be shared with the school community in an assembly, on the school website or on social media.



'I AM PROUD'

PART B

Overview:

Combination of individual and group activities exploring how we can celebrate our friends and ensure we include everybody in our setting.

Duration: 1 Hour

Resources required:

- 1 Star of friendship [Appendix 3]
- 'Everyone is included' worksheet [Appendix 4] (one per child)
- Writing pencils
- Colouring pencils

Learning Objective:

To highlight the qualities involved in a positive friendship and explore ways we can ensure our friends always feel included.

Cross curriculum links:



Drama



Literacy



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Lesson Section B: 'We are proud to be friends!'

Class room preparation: Have the class sit with a partner, this can be at their tables or sat on the floor.

Step by Step:

1. Begin the lesson by writing the lesson title 'We are proud to be friends!' on the board and explain to the class that we are going to be focusing on friendship.
2. Invite the children to turn to the person next to them and tell them, 3 reasons they are proud to be their friend and invite some of the children to share their answers with the class.
3. Then have the children come together as a class and sit in a circle on the floor. Introduce the 'Star of friendship' [Appendix 3] to the class. When each child has hold of the star invite them to say "A good friend is ..." completing the sentence with something that they believe a good friend should be. Such as, honest, helpful or kind. Continue passing the star around the circle giving every child an opportunity to speak.
4. Staying in the circle, the teacher should highlight that a good friend is "someone who includes everyone, making sure no one is ever left out", as a class then discuss with the children what this might mean.
5. Ask the children for an example of how they could make sure everyone feels included,
 - In the classroom
 - In the playground
 - In the lunch hallInvite a pair to come into the centre of the circle and role play some of their ideas for each of the locations. E.G. You could make a friend feel included in the playground by inviting them to play your game.
6. Have the children return to their seats and give each child a copy of the 'Everyone is included' worksheet [Appendix 4]. Have them draw and write ideas of how to make sure their friends feel included. Encourage the children to think of original ideas, as well as the ones explored in the circle.
7. Conclude the lesson by encouraging the children to put in to practice at school and at home all that they have learnt about being a good friend and including others.



Why not ... Take a photograph of each child, print it and add it to their worksheet, which could then be used for a class 'friendship' display.



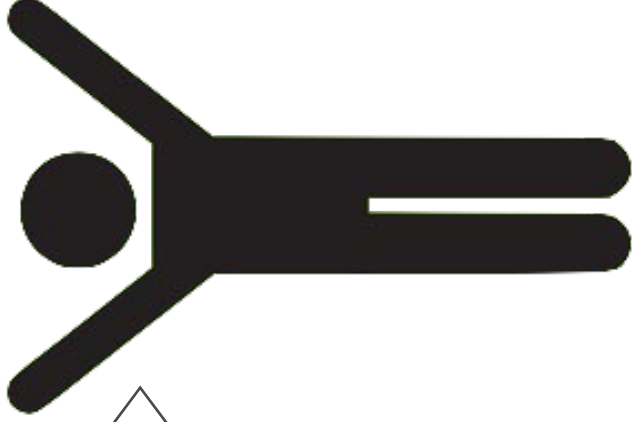
Appendix1: Star of pride



**KS2
LESSON
PLAN**

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I AM PROUD

'I AM PROUD TO BE ME!'



**"I am proud
to be me
because of..."**

My Interests

I like
.....

My Skills

I am good at
.....

My Personality

I am
.....

Name:

Class:

Appendix 2 : 'I am proud to be me!'



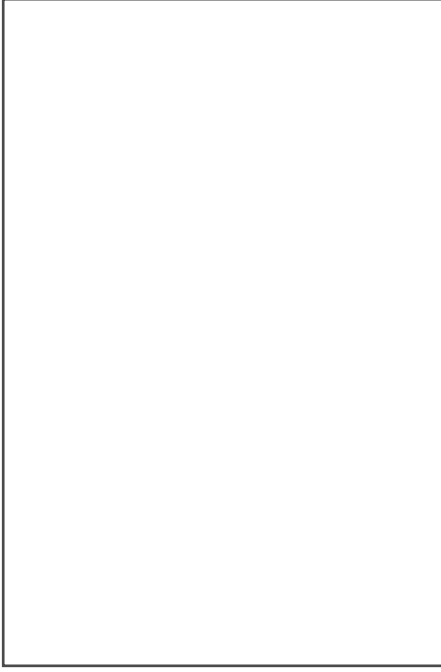
Appendix 3: Star of friendship



**KS2
LESSON
PLAN**

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'EVERYONE IS INCLUDED'



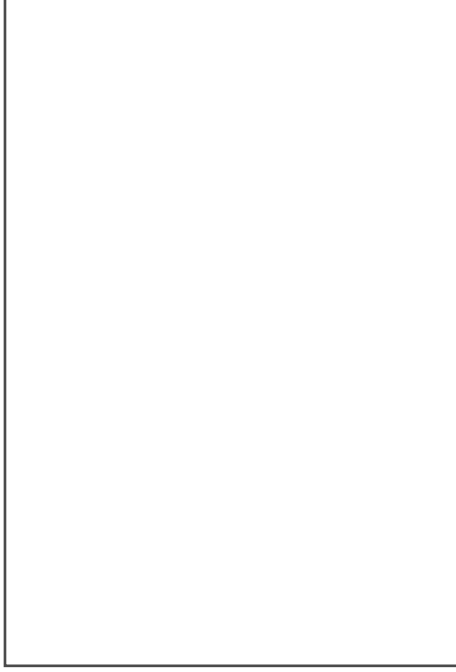
In the playground

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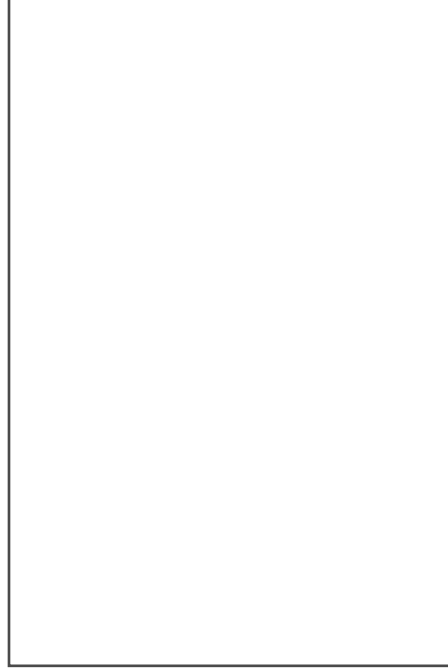
In the classroom

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In the lunch hall

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.....

Name:

Class:

Appendix 4: Everyone is Included



TRIPLE R STANDS FOR



RECOGNISE

Signs of bullying, within themselves & others.



REPORT

All forms of bullying to a trusted adult.



RESOLVE

Problems, equipping them with confidence to address and overcome future incidents.

CLICK & FIND OUT MORE

All Different

All Equal

#ANTIBULLYINGWEEK



Explore

Take a look at our guidance and support for new anti-bullying approaches and issues for the academic year.

CLICK & EXPLORE OUR HELPING HANDS ON TACKLING BULLYING



What are we doing?

Here at Unique Voice, we are privileged to be working with hundreds of schools to help spread important messages related to bullying and sharing our expertise on how creative approaches can make big differences. Our approach to bullying works in line with OFSTED and Keeping Children Safe in Education Requirements.

To help schools prepare, we offer creative assemblies and workshops, along with supporting documents and guidance.



Educate

Read about our programme 'Triple R' which is available to visit your school to enhance key messages related to bullying, E-Safety and mental health.

CLICK & DISCOVER MORE ABOUT TRIPLE R



Empower

Download free resources, lesson plans and inspiration for your school.

CLICK & REQUEST MORE LESSON PLANS AND INSPIRATION



Any Questions?

If you would like to book, or if you would like more information, please contact us via the details provided.

We look forward to hearing from you and finding positive solutions for your setting.



Request to speak to a reference school
We want you to be sure that Unique Voice is right for your school. Please contact us for detail of one of our 'Reference Schools'.



**USING CREATIVITY TO
EXPLORE, EDUCATE & EMPOWER**

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