

This Term our Resilience Strategy is RESPECT YOURSELF



Respect Yourself

People who respect themselves, like themselves. Nobody's perfect – but learning to accept ourselves, identifying our strengths and looking after ourselves and our bodies increases our enjoyment of life and wellbeing.

This term, we will encourage children to reflect on the uniqueness of being. We may be different to other people in some ways and similar in other ways, but we also have our own special characteristics. Nobody is perfect and if we were all the same it would be a very dull world. Nobody should feel pressure from others to be someone they are not, but it is important to treat ourselves with respect and compassion.

In this unit, we will be learning that:

- There is no-one quite like me.
- Everyone has different strengths.
- I treat myself with respect.

Possible discussion themes:

Tell your child what you like about yourself. Discuss with your child things that they like about themselves and what makes them a unique and special person.

Home Activity (Optional):

Encourage your child to create a picture of themselves and fill their picture with all the great things about them, their strengths and their achievements. What makes your child special to you?