

Disclaimer

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Key Vocabulary

proud:

A feeling of being worthwhile because of the person you are or something you have done.

achievements:

Something we have done well or a challenge we have accomplished.

actions:

Something we do.

strengths:

Something we are good at.

facial expressions:

When a person uses their face to express how they are feeling or what they want.

body language:

Gestures, movements or mannerisms used by a person or animal to show how they are feeling.

feelings:

Emotions we experience about things that are happening.

emotions:

The way we feel about things that are happening.

uncomfortable:

Something we feel isn't OK or that makes us feel unsettled.

strategies:

Ways we can work through or manage something.

assertive:

Expressing our views confidently and respectfully.



Relationships | Be Yourself

Key Knowledge

Our Strengths

Feeling **proud** of our **achievements** or **strengths** can help to develop a positive sense of self and support our mental health and wellbeing. By reflecting on what we did well to achieve something, we can learn and progress to other **achievements** and even motivate, inspire and teach others. We all have different **strengths** and talents so what is a big achievement for one person may not be as significant for someone else. It is important that we respect and value these differences and share the celebrations of others' **achievements**. If we want to share our success, we can do this sensitively and in a way that will motivate others and not in a way that will cause others to feel sad or **uncomfortable emotions**. Equally, it is OK if we would rather keep our successes to ourselves.

Feelings and Emotions

We all experience many different **emotions** and this is OK. Some of these will be comfortable and some may be **uncomfortable**. There are lots of ways we can express these **feelings** and we can see what other people are feeling. We might be able to tell what someone is feeling from their **facial expressions** or their **body language**. By understanding what **facial expressions** and **body language** we might see when people are experiencing different **emotions**, we will know how to support people around us. By understanding our own **feelings**, we can reflect on what we are feeling and why. This means if we are feeling **emotions** that we find **uncomfortable**, we can try to use **strategies** to help or speak to a trusted adult for support.

Uncomfortable Feelings

There are many **emotions** we may experience that could feel **uncomfortable** and this is OK. Using calming **strategies** can help us to process and understand our **uncomfortable emotions**. Calming **strategies** are things we can do that can help us to feel calm again. Some calming **strategies** that can help include deep, calm breathing, clenching and relaxing our fists and stretching. Calming **strategies** are one way we can process and progress through our **uncomfortable feelings** but if we feel them for a long time or very often, it is important to get help. If we are experiencing any **uncomfortable emotions**, it is important to speak to an adult we trust.

Being Assertive

We all have different opinions and these should be respected and valued. There will be times when our opinions are different from those of people around us. This is OK. By knowing how we can express our views and respond to others respectfully, we can be confident that we can share our opinions without upsetting anyone else. This also means we can confidently and respectfully voice a different opinion to one that has been shared. Expressing ourselves like this in a way that values the opinions of others and considers their **feelings** is called being **assertive**.

Media Messages

The media can provide lots of information to lots of people very easily. It is important to be aware of the ways the media can try to persuade us to buy certain products or believe certain messages. When we look at advertisements, it is important to remember images may have been altered and messages may be exaggerated to make us want to buy certain products. Sometimes, the media makes us think we need to buy a certain product to achieve a certain lifestyle. We are all unique and special and this is exciting! We should be **proud** of who we are and not feel persuaded to buy something to conform to a particular image.

Resolving Mistakes

We all make mistakes. When we have made a mistake, it can help everyone feel comfortable again and move on if people involved have acknowledged the mistake and done what they can to make things better. This might be by apologising, asking how people feel, mending anything that might have been broken or returning anything that might have been taken. It is important to remember that our words and **actions** can affect how other people feel. By showing kindness and respect, we can help other people to feel valued and happy.

Key Learning Point:

We are each unique and individual. This is exciting and something that should be celebrated. It helps our mental health and wellbeing to develop a positive sense of ourselves. This means feeling confident and **proud** of who we are. We can do this by:

- celebrating our **strengths** and **achievements**;
- being grateful for the things we have;
- reflecting on the kindness we show;
- understanding our **feelings**;

using calming **strategies** to support ourselves through **uncomfortable emotions**;

- speaking to others with respect;
- considering the **feelings** of others;
- recognising and celebrating our support network;
- show ourselves kindness with self-care.



To look at all the planning resources linked to the **LKS2 Be Yourself** unit [click here](#)