

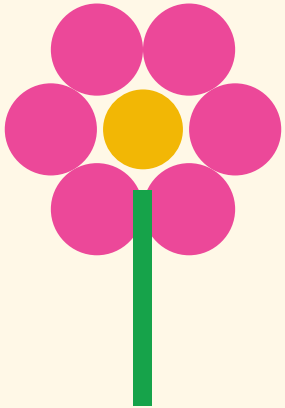
Making myself proud

How will I make myself proud this term?



PSHE · Year 1/2

Let's get calm



Smell the flower...

(breathe IN slowly through your nose)

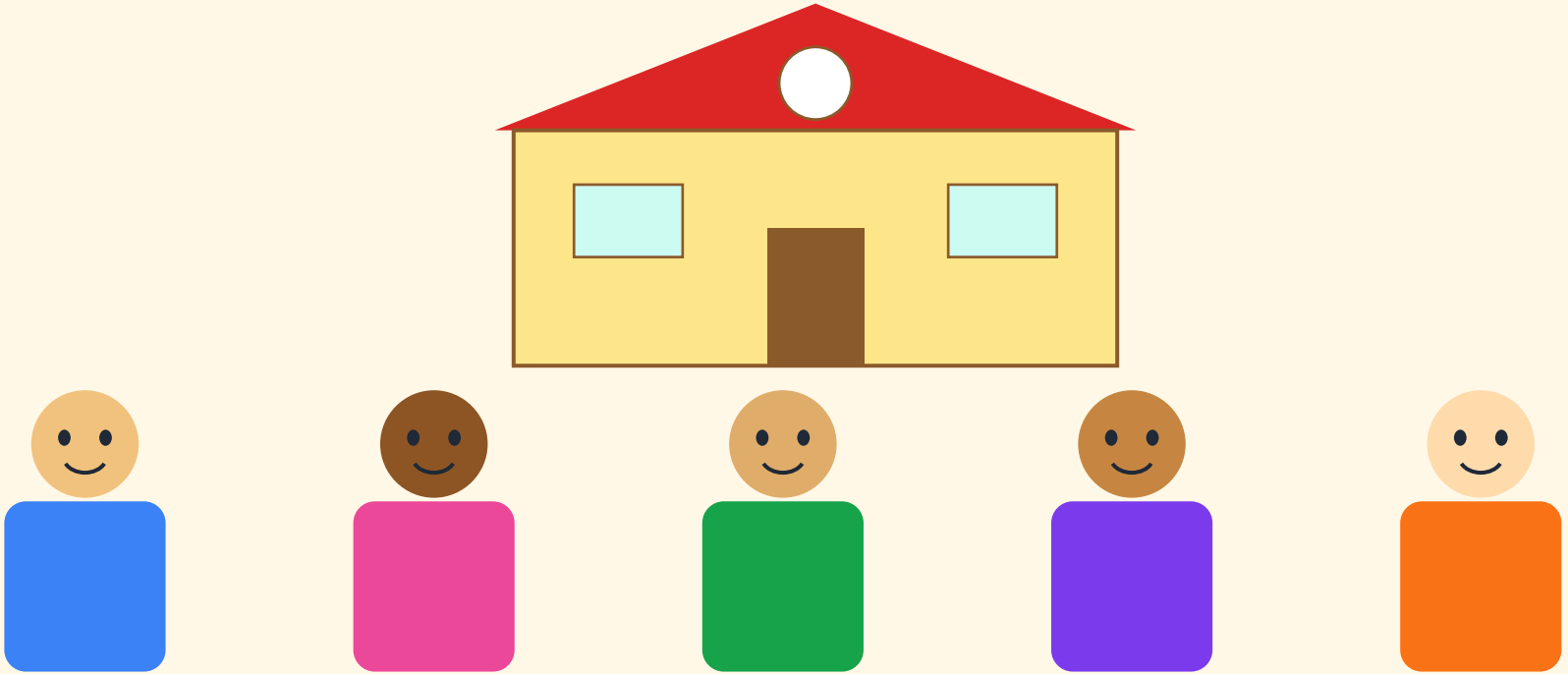
Do it 3 times



...blow out the candle

(breathe OUT slowly through your mouth)

Our school: a place where we ALL belong



Everyone in our class belongs here.

My rights and my responsibilities

I have the RIGHT to...	So I have the RESPONSIBILITY to...
be treated kindly	be kind to others
feel safe	help keep others safe
be listened to	listen to others
learn	let others learn too

Our choices make things happen

When I choose...

to be kind	→	my friend feels happy and I feel proud
to take calm breaths when I'm cross	→	I can think clearly and make a good choice
to say something unkind	→	my friend feels sad, and I need to put it right





What happens next?

Sam shares the pens with his table.

What happens next? How do they feel?

Ava pushes in front of someone in the line.

What happens next? How do they feel?

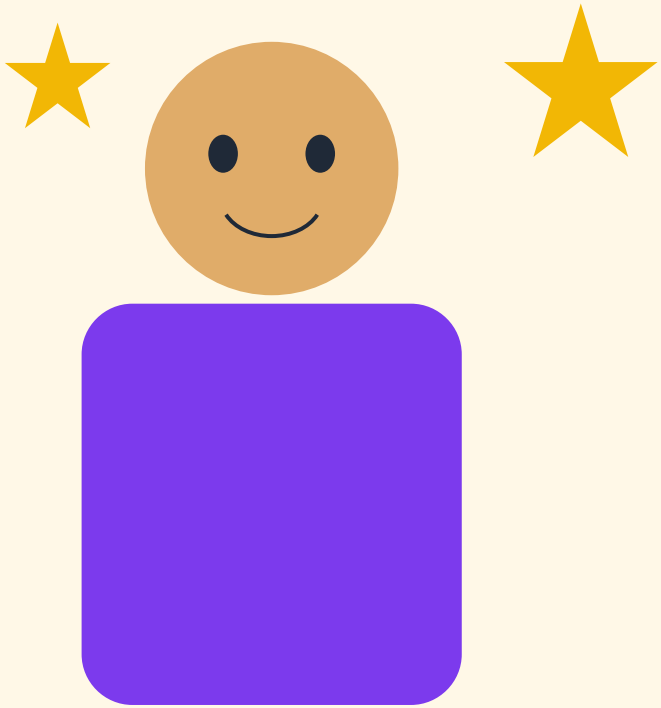
Leo feels cross, so he takes 3 calm breaths.

What happens next? How do they feel?

Mia sees someone on their own at playtime and asks them to play.

What happens next? How do they feel?

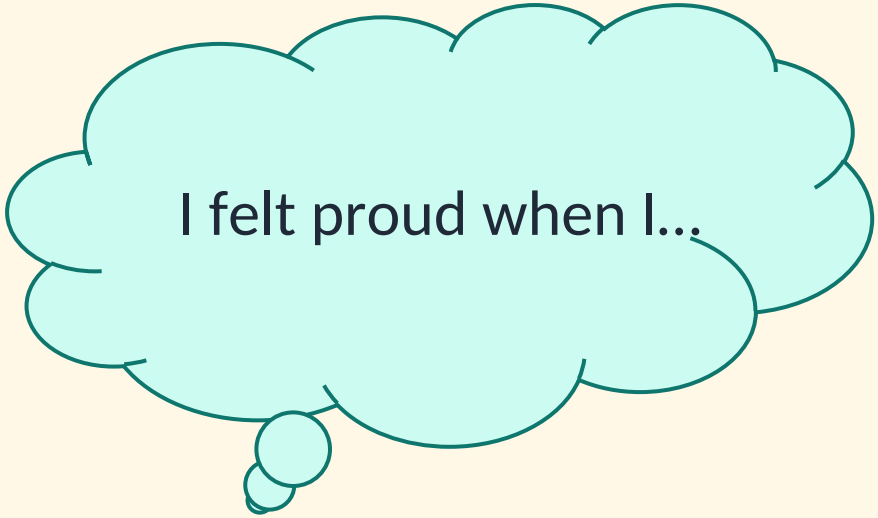
What does PROUD feel like?

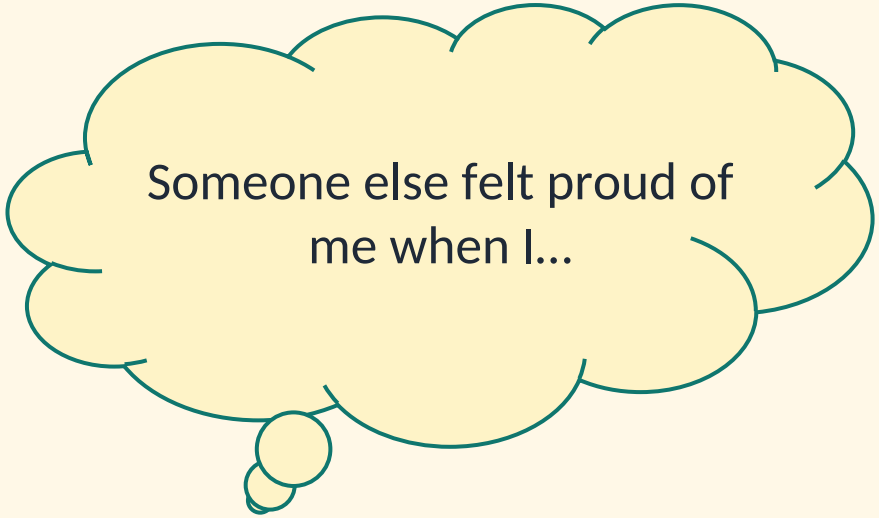


- ★ A warm, happy feeling inside
- ★ I want to smile and stand tall
- ★ I feel it when I try hard, or do something kind or brave

Show me your proud face and your proud body!

When have YOU felt proud?





Tell your talk partner!

How could you make yourself proud this term?

My learning

- ★ Practise my reading
- ★ Keep trying when it's tricky
- ★ Learn my number bonds
- ★ Do my neatest writing

My friends

- ★ Ask someone new to play
- ★ Share and take turns
- ★ Help someone who is sad
- ★ Say kind words

Me

- ★ Use my calm breaths
- ★ Be brave and try something new
- ★ Tidy up without being asked
- ★ Put my hand up to share

A good goal is something I CAN do

Too BIG

"I will be the best at everything!"

Just right

"I will read my book at home 3 times every week."

Think: What will I do? How will I know I've done it?

Activity: my proud star

1. Draw yourself doing your proud goal in the middle of the star.
2. Write: "This term I will make myself proud by..."
3. Colour your star in!



We'll put our stars on the wall and look at them again at the end of term!



Proud circle

Pass the star and finish the sentence:

"This term I will make myself proud by..."

Everyone listens. It's OK to say "pass".

Remember...





We all belong here, so we are kind to each other.

Our choices make things happen. We can choose kind and calm.

We can make ourselves proud by trying our best!

Let's finish with 3 calm breaths: smell the flower... blow out the candle.

Teacher page: lesson plan (about 40 mins)

Time	Section	Slides
0–2	Calm start: smell the flower, blow out the candle	1–2
2–12	Reminder: we all belong; rights and responsibilities; our choices make things happen	3–5
12–16	What happens next? Talk partner scenarios	6
16–21	What does proud feel like? When have you felt proud?	7–8
21–25	Ideas for making yourself proud; goals that are 'just right'	9–10
25–37	Activity: my proud star	11
37–40	Proud circle share and calm finish (or do the circle as a separate session)	12–13

Resources: star template (slide 15), one per child · pencils and colours · a soft star or toy for the circle · display space for 'Our Proud Stars'.
Language: this lesson deliberately says 'our choices make things happen' and 'what happens next?' rather than 'consequences'. Unkind choices can always be put right.
Short on time? Do slides 1–8 as a 15-minute recap, and the proud star and circle as a second session.

Name: _____

