

## UNIT 2 Respect Yourself



### Family Sharing Activity

We are learning about the importance of recognising our own uniqueness. When you respect yourself, you realise that although we all have things in common, we also have special characteristics that make us unique. If we were all the same it would be a very dull world. We have been learning that identifying our own strengths helps us to understand, like and accept ourselves better.

We have learned that:

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

#### Whole School Task (P1 - P7)

1. Think about the talents and skills that are special about you. These talents and qualities are part of what makes you unique.
2. On the back of this sheet is an outline of you. Decorate the body shape by illustrating all of the skills, talents and abilities you have.
3. Next, add words around the outline to show things that you would like to learn in the future.
4. Finally, ask your parents to write a positive and encouraging statement about you at the bottom of the sheet.

*Please return your family sharing activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.*