



Year 1 PSHE

Being my own best friend.



Think about yourself for a moment.

What things are you good at?

What things do you enjoy doing?

Try and think of at least one thing for each question. If you find this difficult, ask a friend or family member to help you.

 Praising ourselves and each other is important because it can make us feel happy and more confident in ourselves.

On the next few slides we are going to look at some incredible children.

When you see each picture, try and complete the following sentence using your own words.

This child is incredible because...



This child is incredible because...



This child is incredible because...



This child is incredible because...





This child is incredible because...



This child is incredible because...





This child is incredible because...



This child is incredible because...



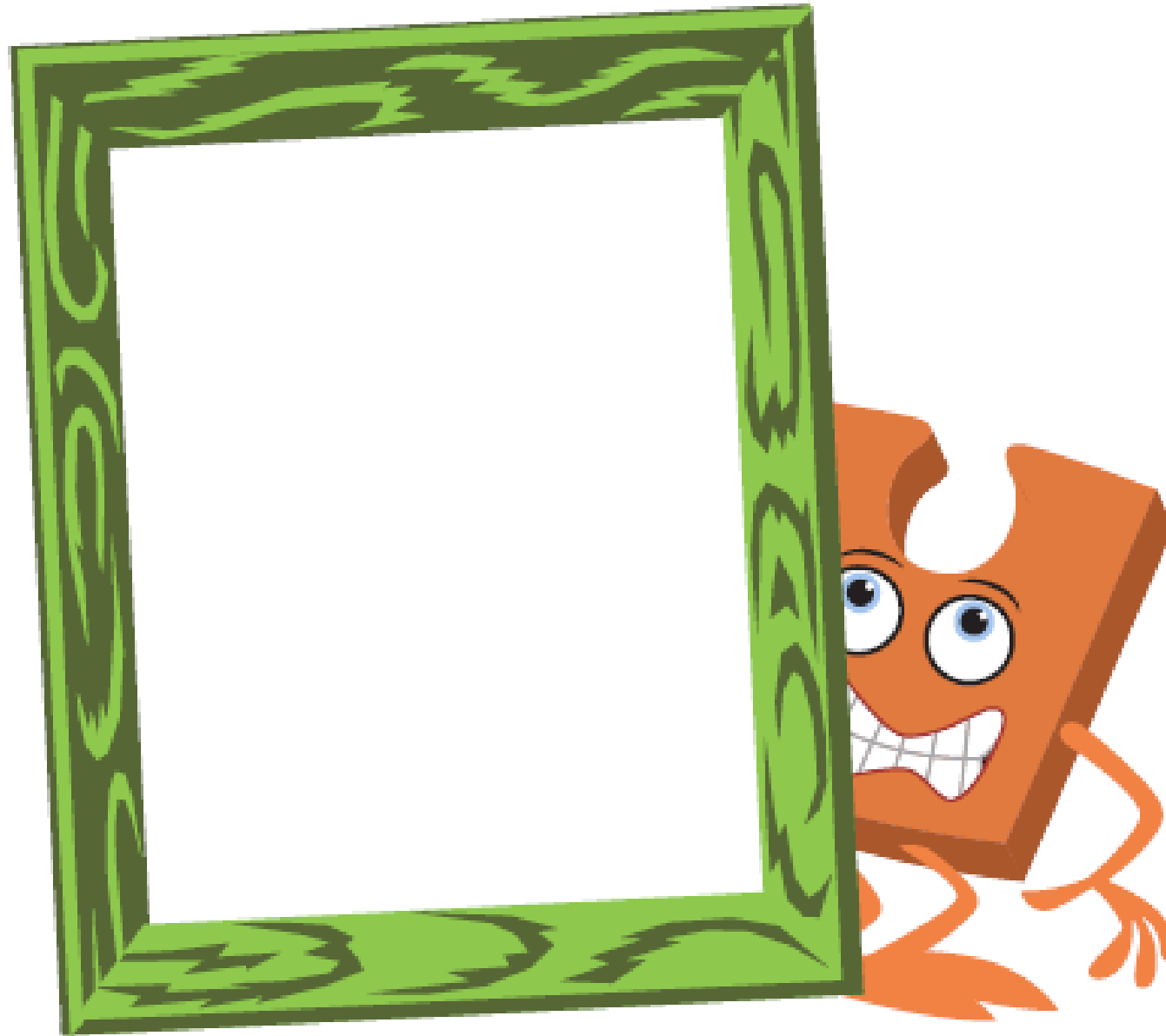


This child is incredible because...



Task: Draw a picture in the frame and complete the sentence.

The incredible me!



I am incredible because

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