



Assembly guide

Being Ourselves

Suitable for primary age children

This resource can be adapted, for example by amending section content and assembly duration to suit the needs and ages of the pupils

Aims

- 1** To understand that there are ways in which we are similar, and ways we are all different. We all have our own unique strengths, skills and qualities that make us special
- 2** To recognise the importance of celebrating the differences and similarities in ourselves and others, whether it's our friends, family, people in school, or people in our communities
- 3** To explore what 'Being Ourselves' means, and identify things we can do to enjoy and make the most of our similarities and differences and be connected with those around us

Time

30 minutes approx.

Materials required

- A story or song to highlight the importance of recognising our own strengths. We have suggested some examples in some of the steps below, or you can replace with your own.
- A story to highlight the importance of respecting people for their differences. We have suggested some examples in some of the steps below, or you can replace with your own.
- OPTIONAL: PowerPoint slides suitable for older children

Step one: Introduction

[corresponds with slide 2]

Key teaching point

There are many ways that we are all similar but every person has their own unique strengths and qualities

You might like to start with a picture of snowflakes. Ask the children if they can think of how the snowflakes are similar to each other. For example, they all fall from the sky, they are all cold, they are all made of ice crystals. Just as the snowflakes have some similarities with each other, so do we. Ask the children how we might be the same as other people –

for example, explain that in some basic ways, humans look similar, do similar things and have similar needs. For example, attending the same school or class, or living in the same area.

People also say that every snowflake is unique. For example, every single snowflake has a different shape and size. In the same way that the snowflakes are all different, so are we. We all have different qualities which make us unique in our own way.

Check that all the children understand the word 'unique'.

Step two: Recognising our unique strengths

[corresponds with slide 3]

Key teaching point

It's important that we know what makes us special and unique

Explain that there are billions of people in the world but every single person is different. We might look like someone in our family but we are not exactly the same as them. Not only are we unique in the way we look but also in the things we are interested in – our skills, abilities, and also in the way we think, feel and behave.

Tell a story or play a song that illustrates why it's important that we know what makes us special and can lead to a discussion about how we are all different. You could say: "In this assembly we are going to think about what being unique means to us as individuals, as well as a class group and as a school."

Option one Henry & Leslie

Why was Henry not upset by the other children laughing at him?

Did Henry think he was perfect?

What was he able to teach Leslie?

tinyurl.com/Henry-and-Leslie

Option two Everyone's Different

Name some of the ways the children in the video were different from each other?

Can we all be good at the same things?

tinyurl.com/Everyone-is-Different

Option three Know Your Character Strengths

Who is special and unique?

Can our strengths change over time?

Teacher note: You might find it useful to talk through some of the character strengths mentioned in the video before playing it to the children

tinyurl.com/Know-your-character-strengths

Encourage the children to think about some of the things that make them special, as well as the things that make their friends and teachers special too.

Step three: Celebrating the differences in ourselves and others

[corresponds with slide 4]

Key teaching point

To understand the importance of celebrating what is special and unique about ourselves and others. Helping each other to feel valued and being connected with those around us is very important for our wellbeing.

Discuss the importance of showing respect and acceptance to those around us. Ask the pupils to suggest the ways we can do this. For example, telling a classmate what you think makes them special or what they are good at, playing with someone in the playground who looks like they are on their own or who you might not normally play with. If you can, it would be helpful to connect this to your school's values.

Tell a story or play a song that illustrates why it's important to respect everyone, even if they are not the same as us.

Option one

Ally the Accepting Alligator

Why do Ally's friends love her?

What did Ally help her friends to learn?

tinyurl.com/Ally-the-Accepting-Alligator

Option two

We're All Wonders

What is the earth big enough for?

If you look with kindness, what might you find?

Teacher note: This video is slightly more advanced and may be more suitable for older children

tinyurl.com/We-are-wonders

Optional extension for older children

Our class and our school

(corresponds with slide 5)

Think about some of the ways your class is similar to another class in school, and some ways that it is unique. Highlight the different skills, abilities and interests that different people bring to the class. You can also do the same for the whole school.

Suggested questions for pupils:

- How is our school similar to other schools?
- How is our school unique and special?
- What makes your class similar to other classes in the school?
- What makes your class different to others?

Step four: Time for reflection

Remind all pupils that if they struggle to find things about themselves that they like or are worried they don't have anyone to talk to, they can tell a trusted adult at school who can talk to them about this.

Teacher note: Some children may find it difficult to find what makes them unique and may need some help from a teacher or member of support staff.

Suggested questions for pupils:

- Why is it important to celebrate what makes us all unique?
- How do we feel when someone makes us feel special?
- How might someone else feel when we show them kindness and respect?

Highlight that by understanding what makes someone else different, we can also learn from their individual strengths.



Children's Mental Health Week 2018
5-11 February #childrensmhw
ChildrensMentalHealthWeek.org.uk