



Incredible Me!

Today we will be thinking about how amazing we are and all the special things about each one of us.

1. Look at these pictures of characters with your child and agree 1 thing that each one of them is good at.



2. Now take it in turns to tell each other something you are good at. If you have other children or adults in the household let them join in too. *At school we would do this activity in a circle and encourage children to say something kind about another child. It could be things such as football, drawing, tidying up, being kind, writing your numbers, cooking...anything at all.*
3. Now agree on one each that is special to you and say the following phrase.

I am happy that I am.....

4. Take a look at these pictures and agree what each child is doing to be 'Incredible' or 'the best they can be'.



5. Ask your child "do we all need to be incredible at the same thing?"



6. Let's get busy... draw a picture of yourself doing your **incredible** thing on the next page.

Draw a picture of yourself doing your incredible thing!



I am incredible because

Lesson 4 - PSHE (Personal, Social, Health Education)