

You Are Unique



Aim

- I can explain why everyone is unique and understand why this should be celebrated and respected.

Success Criteria

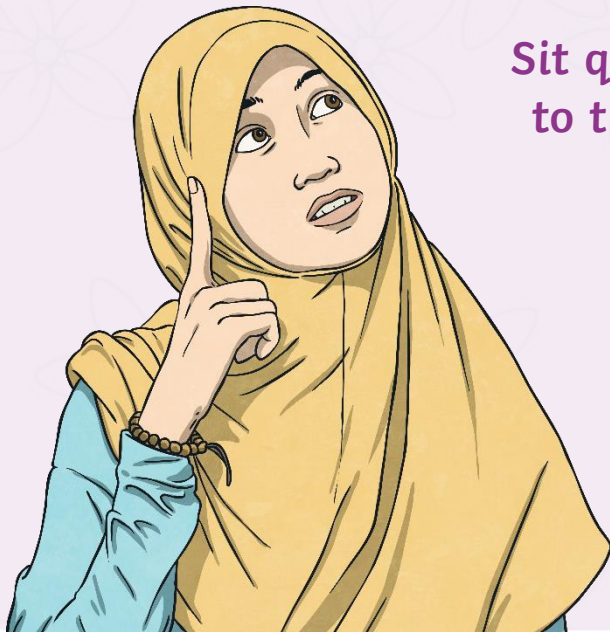
- I can understand the importance of people having their own thoughts, feelings and opinions.
- I can identify solutions to situations where being an individual may feel more difficult.
- I can identify why I am unique.
- I can reflect on the importance of individuality.



Is it OK to think
and feel differently
to other people?

What does 'being
an individual' mean
and why is this a
good thing?

Sit quietly and take a moment
to think about your answers
to these questions.



Fitting In

When we are with our friends or people we do not know, it is human nature to want to 'fit in'. We like to feel we belong and part of belonging is having things in common with others in the group.

However, sometimes wanting to 'fit in' can actually make us do things we don't feel comfortable with; to behave in a certain way or say certain things. When this starts to happen, we are compromising our individual thoughts and values.

There are ways to feel we belong without needing to agree with everything others in the group say and without going along with things that go against what we believe, think or feel is right.

This lesson will look at why being ourselves is important.

We are all unique – this makes the world an exciting place to live!

Thoughts, Opinions and Feelings

Do we all think and feel the same things?

Do we all hold the same opinions about things?

Why is this?



As we are all individuals, we all have our own thoughts, opinions and feelings. It is OK to think and feel differently to others – we are all unique! This should be celebrated!

We should respect the thoughts, opinions and feelings of others, even when they are different to ours.

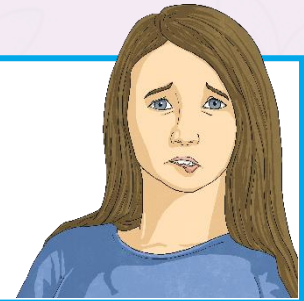
Listening to and respecting the thoughts, opinions and feelings of others helps us to get to know and understand each other better and live and work together more happily.

Thoughts, Opinions and Feelings



When we are around others who have similar thoughts and feelings, we can feel more comfortable and happy to express our own thoughts and feelings.

However, when we are with people whose thoughts and feelings are different to ours, we may not feel as comfortable expressing a different thought or feeling.



There are ways that we can express a different thought or feeling to someone at the same time as being respectful of their opinion.

I Am Unique



Although being unique and an individual is a good thing, there are times when this can feel more difficult.

Can you think of any times when this might be the case?

It is important to stay true to ourselves while being respectful of others. We are all unique and we should celebrate this!

Celebrating Me!



We are all unique; we have our own thoughts, opinions, feelings and interests. Being an individual is a good thing, it helps make the world an exciting place to live!

Draw a picture of yourself and write all the things which make you unique – celebrate you!

Celebrating Me!

We are all unique; we have our own thoughts, opinions, feelings and interests. Being an individual is a good thing, it helps make the world an exciting place to live!

Draw a picture of yourself in the inner box and write all the things which make you unique in the outer box – celebrate you!



Why is it important to respect the individuality of others?

This resource is fully aligned with the Learning Outcomes and Core Topics set out in the PSHE Association's [Programme of Study](#)

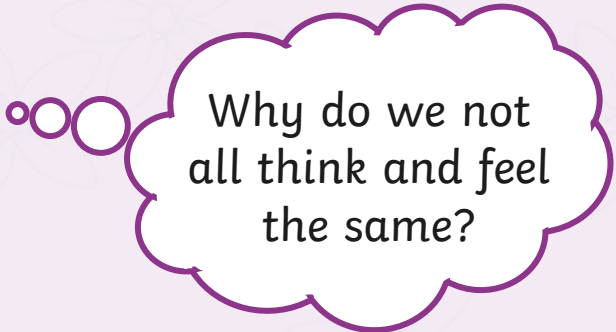


PSHE and Citizenship | Year 5 | Relationships | Be Yourself | You Are Unique | Lesson 1


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Being an Individual

A thought bubble with a purple outline and three small circles at the top left.

Why do we not
all think and feel
the same?

A thought bubble with a purple outline and three small circles at the top right.

Why do we have
different opinions
and interests?

Our individuality means we all have our own thoughts, feelings opinions and interests. These can be shaped by the special people in our life but ultimately they are unique to us! This is incredibly exciting and worth celebrating!

Our uniqueness is what makes us special and it is very important to feel confident about being an individual. Be happy to be you – you are wonderful!

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