

P7 – PSE

Things I Like About Me

Learning Intentions:

* I will identify things I like about myself, things I enjoy and things I am good at.
* I will understand that when I think about the things I am good at I feel more positive about myself.

Success Criteria:

* I can fill my jar with lots of things I am good at and explain how that makes me feel.

**Before you start:**

**Print the positivity jar worksheet from the link below. It can also be found on the school website under Primary 7 SDS transition materials.**

[**file:///C:/Users/ec5051c/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.IE5/AJ63RRKN/P7-S1-Things-I-Like-About-Me-Positivity-Jar-Worksheet.pdf**](file:///C:/Users/ec5051c/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.IE5/AJ63RRKN/P7-S1-Things-I-Like-About-Me-Positivity-Jar-Worksheet.pdf)

**If you can’t print it then draw the jar on a piece of paper.**

**Activity instructions:**

* Write your **name** and **school** at the top of the jar.
* Fill the jar with things you like about yourself, things you are good at

and things you enjoy.

* Make it fun and colourful: write, draw, use photos, cut out

pictures

* Include a photo of yourself
* How do you feel about yourself after doing this
* Need help? Ask family and friends what they like about you.
* Take a picture of your jar and email it to [ECampbell@springburnacademy.glasgow.sch.uk](mailto:ECampbell@springburnacademy.glasgow.sch.uk)
* If you can’t email your picture then keep it safe and we

will use it in PSE in August.