

## KS2 Unit 1, Lesson 1: Who am I?

**Context:** In this lesson, we are asking pupils to reflect on the things that make them who they are - unique, precious, special. They will go on to think about what is important to them and the beliefs that shape us.

**Overview:**

- Who am I? What is important to me?
- How are these things shaped by my beliefs and those shared beliefs of my family and those around me?

**Essential core:** -

**Resources:** Your special place - object, picture, reflective music or sounds.

**Vocabulary:**

### INTRODUCTION: Who am I?

Everyone is different - special - precious. What makes you the person you are?

In small groups talk together about these things. You could go on to discuss these things as a class and then each pupil can then either write the answers down or make them onto a poster.

I like ...

I like to eat ...

I do not like to eat ...

I enjoy ...

I do not enjoy ...

I am ....

My family is ....

My friends are ....

I do not like it when ...

I believe ....

### My special/favourite place:

Give each pupil an object to hold and reflect on - perhaps a stick from a woodland, pebble or shell from a beach or flower from a garden. Use it to talk about your own special/favourite place. You project a photograph and play sounds (eg: waves on a beach or birdsong) Ask pupils to close their eyes and imagine themselves there as they feel the object and imagine themselves there as you describe it to them. Why is it special to you?

Now ask the pupils to think about their own special place. Close their eyes and imagine themselves there. What sounds would they hear? Smells? What object "speaks" about that special place? Why is it special to you?

Now ask them to write about these things.

### Plenary:

What things make us who we are? What things are most important to us?