

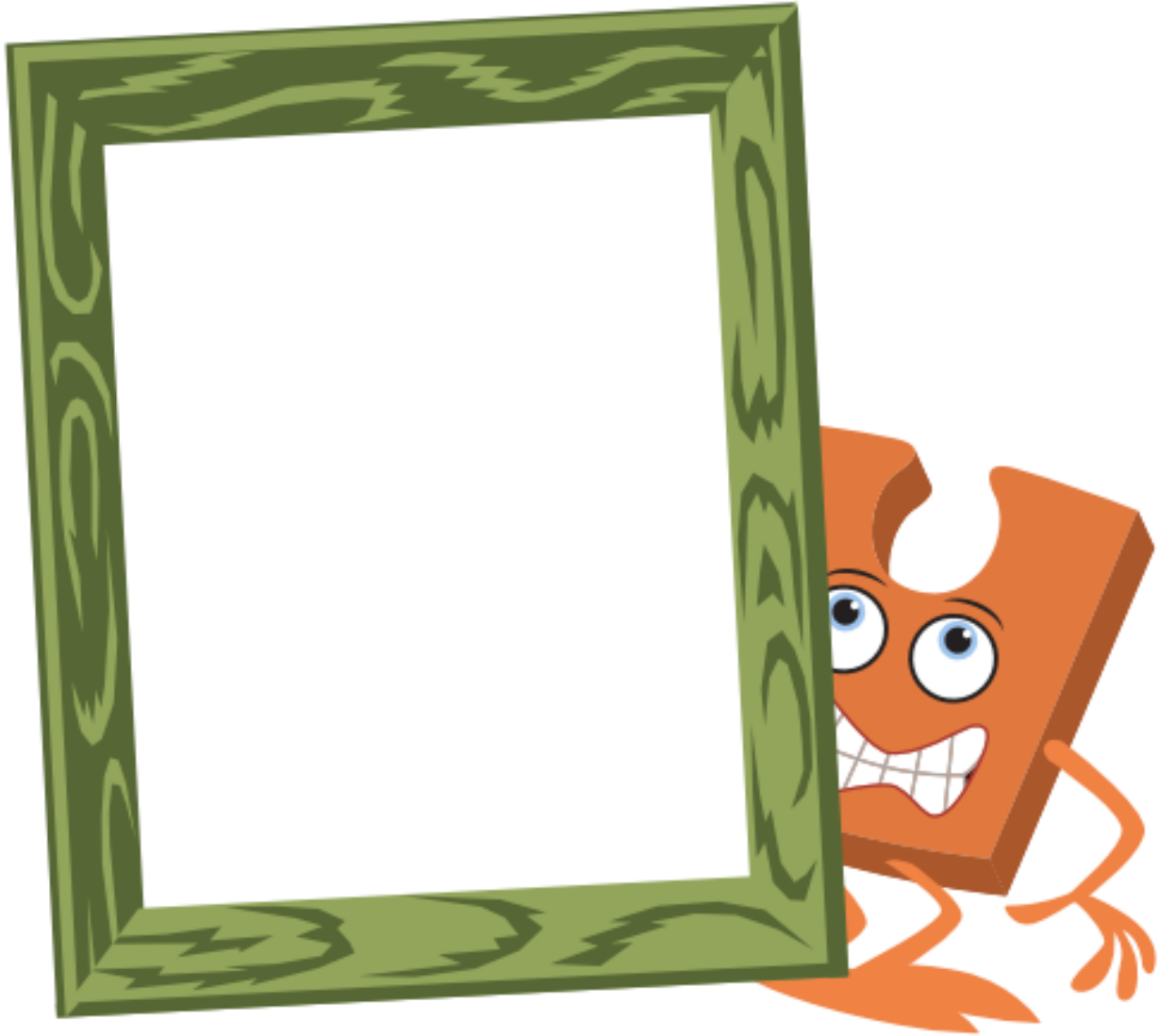
Year 1 Week 5 PSHE:

Session 1

Discuss with an adult: What has each child done to be proud of themselves?



**Activity:** What is something you're proud of and incredible at?  
Draw a picture of you doing that thing in the frame and write a sentence describing it.



I am incredible because... - - - - -

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## Session 2

Activity: Write a sentence on paper or on this tag and draw a picture to a special person. Make sure you explain why they are special to you!



You are special to me because...

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Session 3

**Target Sheet**



At the moment I can't:

Here is a picture of me doing it soon!

Session 4

# I can

I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

.....

I can't \_\_\_\_\_

# Yet!



## Session 5:

Examples of phrases for your poster

# Encouraging Phrases

Say an encouraging phrase to someone today!

**Keep trying!**

**You can do it!**

**Be brave!**

**Way to go!**

**Good thinking!**

**Wow!**

**Fantastic!**

**Super-duper!**

**That is great!**

**Nice going!**

**You're very good at that!**

**You've just about got it!**

**I knew you could do it!**

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