

Social Emotional Learning

Lesson 11: Self-Awareness

We are All Unique

SEL Objectives:

- To emphasise that everyone is different and that this makes everyone special
- To have children and family members identify individual differences in their families
- To help children identify characteristics in themselves that make them unique
- To help children think about how we should treat other people.
- To know the story of Frida Kahlo, and what made her unique

Talking Points:

- Discuss with your child what makes each of us different. Discuss ideas like hair colour, eye colour, height, likes, dislikes etc.
- Explain that these “individual differences” are what make us all unique. There are no people exactly alike and that is what makes us all special.
- Discuss why being unique is a positive thing by using the following question prompts:
 - *What would happen if we were all exactly the same?*
 - *Why is it a good thing that we are all unique?*
- Discuss with your child characteristics that make you and them unique:
 - *What do you think is unique about you?*
 - *What do you think is unique about... (family member/friend name)?*
- Discuss with your child how we should treat people who are not the same as us. Discuss the idea of ‘treating others the way you would like to be treated’.
- Watch the video on Frida Kahlo, a famous artist, and discuss some of the characteristics that made her unique. Consider some of the obstacles that she overcame in order to be successful.



Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 30/06/2020.

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School: My Special Picture

Age 4-7: Self-Portrait

Age 7-11: My Unique Family

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.