

## RSE Day – Celebrating Differences and Emotional Wellbeing

### What makes us special?

It has been proven through research that there are practical things that we can do to boost our emotional wellbeing and mental health. These include doing things for others, connecting with others, learning new things, having goals, being resilient and noticing what's good. These can all have a positive impact on our wellbeing and can help to prevent depression and anxiety. From: The Ten Keys to Happier Living [www.actionforhappiness.org](http://www.actionforhappiness.org)

This activity is designed to give pupils time to reflect on their strengths and experiences and also consider what is important to them. In doing this they have an opportunity to see what makes them special as well as participating in an activity linked to improving their wellbeing. It can also be used to show the range of responses across a class/year group and celebrate the diversity of thinking and experiences. This may give pupils other ideas of things they might like to get involved in in the future.

#### Activity

Individually pupils fill in the different shapes on the **What makes me special?** worksheet, showing how we are all unique. (an extra sheet of shapes is also available). In pairs the responses can be shared with a partner who then feeds back to the class describing examples of how their partner is special. The shapes can then be cut out and displayed together under the 8 headings noticing which special things are common to several people and which things are unique to just one or two. Finish by sharing thoughts about any ideas that they might be taking away with them.

Things  
we enjoy



Our  
achievements



Things we are  
thankful for



Our acts of  
kindness



Challenges we  
have overcome



Our goals



Our hopes and  
dreams for the



Our Happy  
Places

