

Relationships and Sex Education (RSE) Day

It begins with me

'I am' Collage

Use the template on the next page for this activity or create a large version using A3 coloured paper as shown in the examples below.

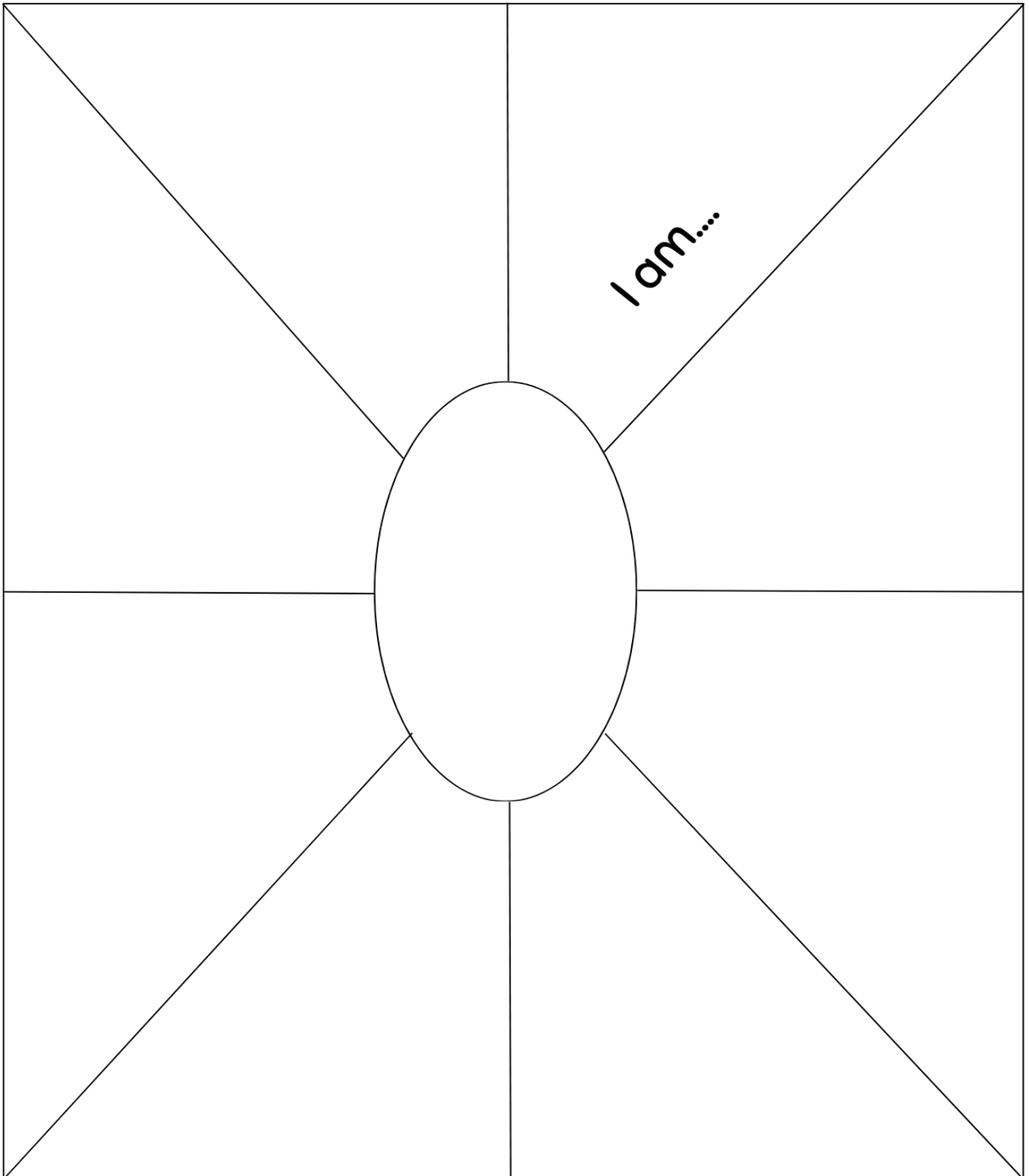
The pupils can stick a photo in the centre, or draw a small self portrait, or simply write the words 'I am...'

Around the edge of the circle, they should colour the sections with pens or scraps of decorative paper, then write affirmative phrases radiating out from the centre. If you have time in advance to cut up magazines, newspapers or leaflets, children may choose words they think describe them from the selection.

This could also make for an effective piece of display artwork.



Draw a picture of yourself in the centre.
Now use positive words and colours in the outer
sections to describe yourself.



I am enough

I can say no

I'M CONFIDENT

it's okay to rest

I ADD VALUE TO THE WORLD

I AM beautiful

I am CAPABLE

I am LOVED

I'M WORTHY OF LOVE AND HAPPINESS

I deserve the best

I LOVE my body

I am STRONG

I matter!

I am kind

it's okay to make mistakes

I deserve good things

YOU FALL. THEN YOU FLY AGAIN

I CAN and I WILL

i am One of a Kind

I am thankful

I am limitless

LITTLE STEPS MATTER

I AM UNSTOPPABLE!