

## Relationships and Sex Education (RSE) Day

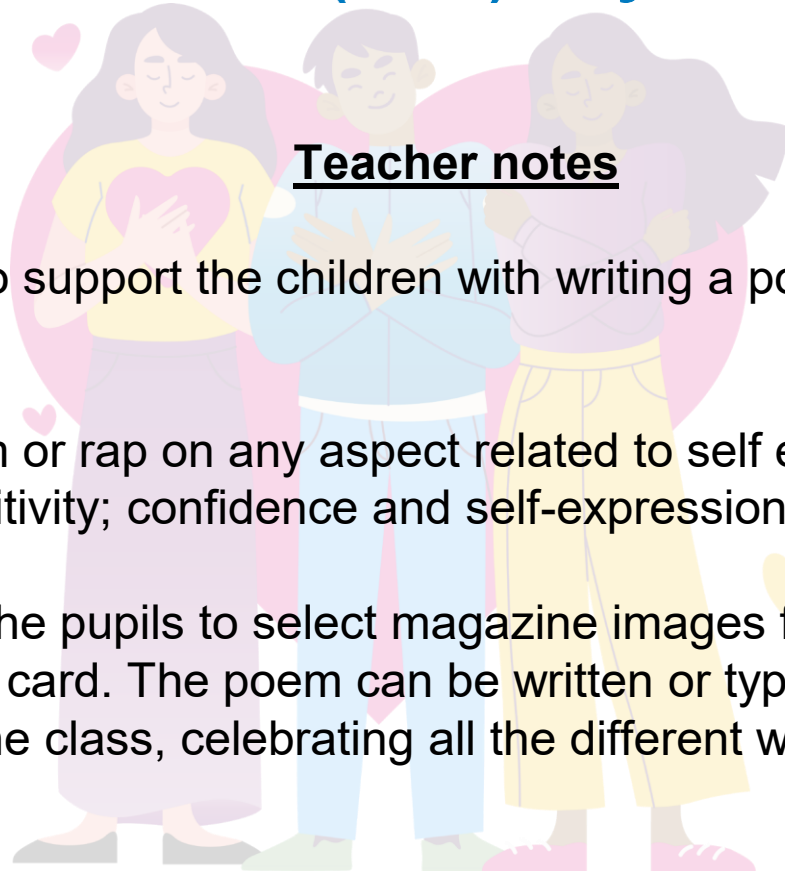
### It begins with me

#### Teacher notes

Give out copies of the word bank to support the children with writing a poem or rap on the RSE Day theme of 'It Begins With Me.'

Ask the children to base their poem or rap on any aspect related to self esteem, such as celebrating identity and diversity within the class; body positivity; confidence and self-expression or positive relationships.

After drafting the poem/rap, invite the pupils to select magazine images for the background, which they will then stick onto a large piece of paper or card. The poem can be written or typed out and stuck onto the background. This can form part of a display in the class, celebrating all the different ways the children contribute to the school.



Active	Adventurous	Affectionate	Amazing	Awesome	Beautiful	Brave	
Bright	Brilliant	Calm	Caring	Charming	Clever	Confident	Considerate
Cooperative	Courageous	Curious	Daring	Delightful	Dependable	Determined	Dreamy
Energetic	Eager	Earnest	Easy-going	Excitable	Fair	Forgiving	Friendly
Funny	Generous	Gentle	Giving	Grateful	Great	Handsome	Hardworking
Honest	Hopeful	Imaginative	Independent	Insightful	Intelligent	Jolly	Jovial
Joyful	Just	Keen	Kind	Knowledgeable	Lovable	Loving	Loyal

Magical	Magnificent	Marvellous	Mature	Mysterious	Natural	Neat	Novel
Notable	Nurturing	Open	Optimistic	Original	Outgoing	Outstanding	Passionate
Peaceful	Pleasant	Polite	Powerful	Quiet	Quick-witted	Quirky	Radiant
Reliable	Resilient	Resourceful	Respectful	Sensible	Sensitive	Skilful	Smart
Sociable	Supportive	Strong	Successful	Sweet	Talented	Tenacious	Terrific
Thankful	Thoughtful	Trustworthy	Understanding	Unusual	Unstoppable	Unique	Valiant
Valuable	Vibrant	Warm	Welcoming	Wise	Witty	Wonderful	Worthy