



PSHE and Citizenship

Relationships | VIPs

Showing You Care



Aim

- I can describe how I can show my special people that I care about them and I understand why this is important.

Success Criteria

- I can identify positive feelings associated with my special people.
- I can talk about the positive feelings associated with showing others that I care.
- I can reflect on how I can help others in my class to feel good.

The Big Questions



Why is it important to let people know that they are special to us?

How can we show our special people that we care?



Take a moment of quiet to think about your answers to these questions.

Reconnecting

Feelings



The special people in our lives are those who help us to feel happy, safe and loved. They are the people we trust to look after us and our feelings. Take a moment to think about the special people in your lives. What positive feelings do you have when you think of them?

Share your thoughts with a partner and then, if you feel happy to do so, with the class.



We have these positive feelings towards our special people because they show us that they care about us.

The background of the slide is a solid purple color. It features a repeating pattern of stylized, white line-art figures. Each figure consists of two rounded shapes representing heads and two larger, rounded shapes representing bodies, with their arms crossed in front of them in a hugging or embracing gesture. These figures are arranged in a grid-like pattern across the entire background.

Exploring

Letting Others Know We Care



We can let the special people in our lives know they are important to us by showing them that we care.

It is important to do this because it will help them to feel happy and good inside - just like how we feel when they show us that they care.

Showing the special people in our lives that we care about them lets them know that we appreciate them and all they do for us. This can help the relationships we have with our special people to become even stronger.



Explain to a partner why it is important to let people know they are special to us and that we care about them.

Ways to Show We Care



There are lots of different ways we can show the special people in our lives that we care about them.

When we want to show someone that we care about them, it is important to think about what would mean a lot to the person we care about.

How could we show the special people in our lives that we care?



Consolidating

Putting It into Action

A cartoon illustration of a girl with long brown hair and a boy with short brown hair. The girl is wearing a red and white striped shirt, and the boy is wearing a blue shirt with white stars. They are both smiling and hugging each other.

Create a short role play which shows you putting some of your ideas into action about how to let the special people in your lives know that you care.

Let's share your role play with some of our special people!

Showing the special people in our lives that we care about them makes everyone feel good!

Reflecting

Helping Others to Feel Good



Showing others that we care has the power to help others feel good, especially if they are feeling worried, sad, frightened or lonely.

How might we recognise if someone is feeling worried, sad, frightened or lonely?

What could we do to help someone feeling these emotions and show them that we care?



Helping Others to Feel Good



Remember, talking to someone we trust about how we are feeling is important and a great place to start in helping us to feel better and solve any problems we are facing.

We can all experience uncomfortable feelings and emotions at times. This is perfectly normal. However, it is important to know what to do to take care of ourselves when we are feeling worried, sad, frightened or lonely.

What could we do to help and take care of ourselves if we are feeling these emotions?



Helping Others to Feel Good



When we are back in school let's be a class who work together to help each other feel good. This will help our class to be a happy and positive place to learn, where we can all achieve!



The Big Questions



Why is it important to let people know that they are special to us?

How can we show our special people that we care?

What is the most important thing you have learnt today?
How is it going to help you?

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