



IDENTITY

EXPLORING IDENTITIES

KEY STAGE 2 / YEARS 5 & 6

SCHEME OF WORK

In our modern society, with an overload of mixed messages and information from social media, popular culture and wider social pressures, it can be challenging to know ourselves and become comfortable with understanding who we are.

We believe that encouraging children to embrace their own unique selves will provide a solid grounding for emotional wellbeing in the future.

This topic supports children in developing an understanding of their cultural identities and unique attributes, building self-esteem whilst exploring diversity and celebrating difference.

WEEK 1 | IMMERSE

Engage with the topic and delve straight into ideas and learning

WEEK 2 | UNDERSTAND

Understand how we got to this point and what is happening / why this is an issue

WEEK 3 | PERSPECTIVES

Look at other people's opinions and ideas and explore the problems and opportunities

WEEK 4 | EMPOWER

Inspire positive action and empowered responses moving forward

Aims and Objectives

Pupils will practise skills of critical thinking & questioning, deep listening and empathy building. Lessons will examine our identity in the world, looking at the relationship between who we are and who we are told to be. Pupils will discuss and explore the different influences upon our identities, exploring in depth our online selves and the ways that we connect with people and present ourselves to the world.

Pupils will learn more about themselves, the roots of their own cultural identity and how to make their own choices about the things they like. Lessons will encourage students to engage in cross-cultural learning, exploring differences across traditions whilst promoting inclusion and celebration of cultural diversity

Questions explored:

- What parts make up who we are? What are some of the biggest influences on our identities?
- What is 'culture' and what does it mean to our identity?
- Why do people often change when they are using an online identity?
- How are we influenced when making choices about who we are in particular situations?
- What are some of characteristics and qualities that people may have?
- What are my unique characteristics and qualities and how can I learn to celebrate them?

Topic content

Four lesson plans, each one hour in length:

WEEK 1 | The story of me

WEEK 2 | My best self

WEEK 3 | Making choices

WEEK 4 | Love the skin I'm in

During this topic, pupils will:

WEEK 1 | IMMERSE | The story of me

- Think about how our identities are shaped by the world around us
- Understand that we are all unique in the world and we have many beautiful qualities
- Explore our true selves and what the different aspects of us all are

WEEK 3 | PERSPECTIVES | Making choices

- Think about the things we like and dislike in life and how we decide which choices to make
- Understand that it's ok to be different and to do things in the way that feels right to us
- Explore and unravel the idea that we need to be the same or fit in

WEEK 2 | UNDERSTAND | My best self

- Think about how we see ourselves and how we are seen and influenced in the world
- Understand that we all have unique elements that make us who we are
- Connect to our understanding of why we are the way we are in the world

WEEK 4 | EMPOWER | Love the skin I'm in

- Think about and discuss our unique gifts and qualities
- Understand and explore how we can use our gifts and talents to help us feel strong in the world
- Explore and connect with each other's differences and celebrate diversity

Skill development, learning outcomes and curriculum links

Our ThoughtBox curriculum covers key elements of the PSHE and SMSC learning objectives, as well as offering a range of cross-curricular to National Curriculum subjects.



**PSHE
LINKS**



**SMSC
LINKS**



**NATIONAL
CURRICULUM
LINKS**

PSHE Essential skills and attributes developed:

PERSONAL EFFECTIVENESS

- Self-improvement
- Resilience
- Recognising and managing peer influence
- Clarifying own values
- Developing and maintaining a healthy self-concept

Pupils will:

- Build their own resilience and explore self-improvement by focussing on their strengths in creating a 'super hero'
- Recognise how peer pressure influences them and explore ways to understand their own preferences through a tasting activity
- Reflect on where their thoughts, preferences and beliefs have originated
- Develop a healthy self-concept through identifying and celebrating their special qualities as their 'super powers'

INTERPERSONAL & SOCIAL EFFECTIVENESS

- Empathy and compassion
- Respect for others' right to their own beliefs, values and opinions
- Active listening and communication
- Team working
- Valuing and respecting diversity
- Using these skills and attributes to build and maintain healthy relationships

Pupils will:

- Build empathy for others through understand different cultural backgrounds
- Learn how we make choices and respect the preference each other makes
- Listen to each other's stories and journeys
- Write a letter to another classmate to communicate that person's positive attributes
- Work in groups to learn about each other's journeys
- Take in the breadth of qualities in the class and celebrate them through presenting and displaying their 'superheroes'

MANAGING RISK & DECISION MAKING

- Identify links between values, beliefs, decisions and actions
- Making decisions

Pupils will:

- Identify and discuss different factors that influence choices

PSHE core theme opportunities to learn:

- H2 – through learning about how we make choices
- H4 – through exploring selfies and filtered photographs
- R11 – through working on a range of different exercises and tasks
- R13 – through understanding their own cultural influences and that of others and by celebrating unique qualities
- R16 – through discussing and exploring media stereotypes and identity labels
- L11 – through sharing own and other's cultural backgrounds
- L12 - through sharing ideas on different cultural backgrounds and celebrating diversity
- L18 – through exploring and examining the way social media impacts identity and self-esteem



SPIRITUAL

- ✓ Explore beliefs and experience
- ✓ Respect faiths, feelings and values
- ✓ Enjoy learning about oneself, others and the surrounding world
- ✓ Use imagination and creativity
- ✓ Reflect on experiences

Pupils will:

- Explore their own experiences through creating a story and making a map of their life
- Learn about each others' cultural experiences by sharing maps and experiences
- Creatively make their own 'selfie'
- Reflect on the ways they make choices and what influences choice
- Use their imagination to consider the world without diversity



MORAL

- ✓ Understand consequences
- ✓ Offer reasoned views

Pupils will:

- Understand the impact of peer pressure
- Discuss and offer their views on the influences on them in making choices



SOCIAL

- ✓ Use a range of social skills
- ✓ Appreciate diverse viewpoints
- ✓ Participate, volunteer and cooperate
- ✓ Engage with the 'British values' of democracy, the rule of law, liberty, mutual respect

Pupils will:

- Use social skills in getting to know each other, in pairs, by exchanging stories
- Respect each others' preferences for the food they taste, by listening to their thoughts and feelings
- Participate in a range of activities with others, including sharing life experiences and preferences
- Be able to recognise and communicate the special qualities of at least one other pupil through writing a letter



CULTURAL

- ✓ Appreciate cultural influences
- ✓ Participate in cultural opportunities
- ✓ Understand, accept, respect and celebrate diversity

Pupils will:

- Understand and appreciate how their different cultural experiences have shaped who they are today
- Celebrate the difference experiences within the class through sharing their stories with each other

ENGLISH

- Formal presentations and debates
- Plan writing to suit audience and purpose
- Perform own compositions
- Give well structured explanations
- Consider and evaluate different viewpoints

Pupils will:

- Work on a range of different exercises to discuss and debate ideas and opinions
- Write creatively about themselves
- Explain and explore their own viewpoints on a range of ideas

ART &
DESIGN

- Develop techniques, including control and use of materials, with creativity, experimentation and increasing awareness of different kinds of art, craft and design

Pupils will:

- Creative their own recipe of themselves, using creative and expressive ideas to represent themselves on paper

