



This Is Me

Identity

Year 5 - 6

Summary

Students will explore their identity and the characteristics that make them who they are. They will consider the influence that the media, role models, and pressure from others has on their identity. Students will learn about the changes associated with puberty and investigate different ways to stay healthy in mind and body. They will create an identity self-portrait to celebrate who they are and share these with visitors at an Art Exhibition.

Essential Questions

How am I influenced by others?

How can I support myself and others to cope with challenges?

Rationale

Understanding the influences on my identity prepares me to support myself and others when facing challenges.

Future Action

Students will have a greater capacity to understand themselves and manage their challenges. They will be able to provide advice and support to others facing challenging situations by drawing on a greater range of strategies. They will be more comfortable with who they are and aware of the positive and negative influences on their identity.