



Year 6: Take-away Booklet

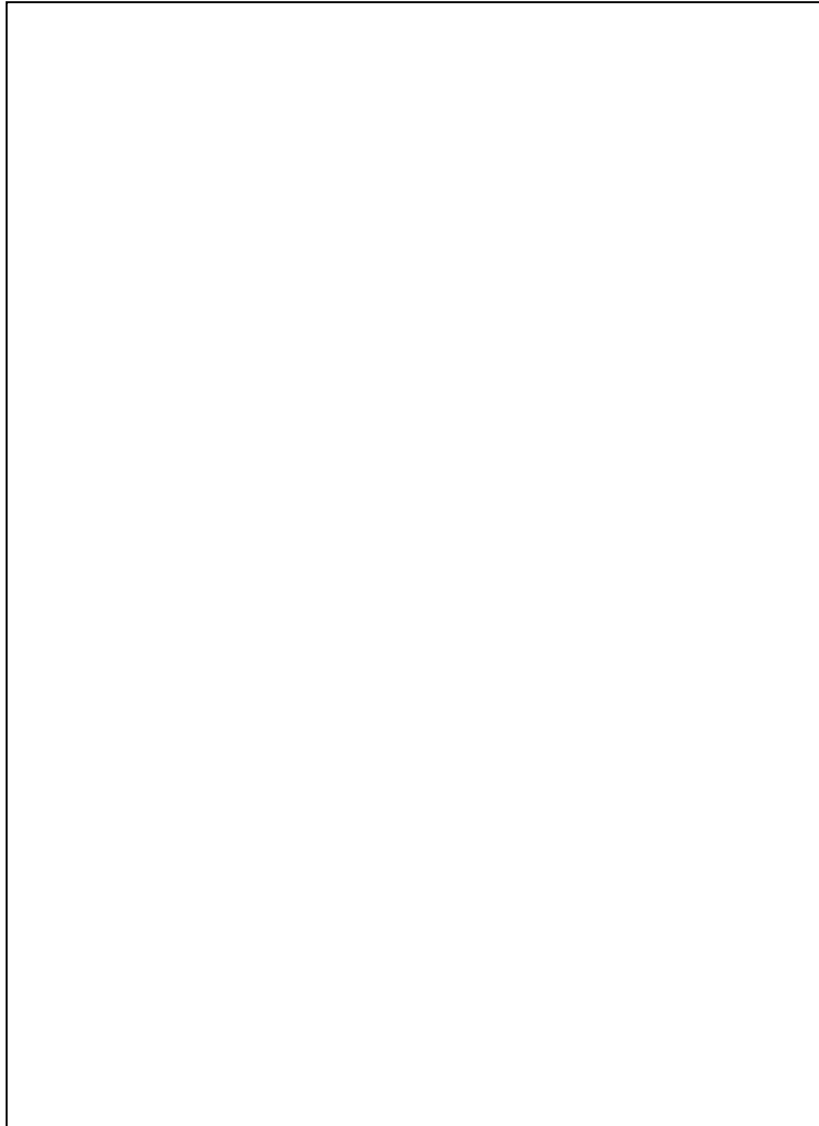
Getting to know me



Name:

Date:

Worksheet 1: This is me



My Name is.....

I'm special because.....

.....

Now ask your friends or teacher to write

.....

.....

.....

.....

.....

Worksheet 2:

What are you good at?

✚ Understanding other people's points of view

✚ Standing up for what you believe is right

✚ Not making fun of other people

✚ Managing your pocket money

✚ Apologising

✚ Seeing the funny side when you make a fool of yourself

How good are you at doing the things listed in the table below?

Use a 5-star rating to say what you think

***** very good **** good *** average ** not very good * poor

✚ Organising your time

✚ Looking after your possessions

✚ Keeping promises

✚ Taking responsibility

✚ Keeping yourself fit and healthy

✚ Completing schoolwork on time

✚ Making up your mind and taking your own decisions

✚ Helping at school

✚ Remembering to do things

✚ Sharing

✚ Not giving up when you meet difficulties

✚ Helping at home

✚ Considering other people's feelings

✚ Controlling and managing anger

Worksheet 3:

Changing feelings and thoughts



You may feel more emotional – up and down

During puberty, children think about lots of new things and lots of new feelings



You may feel like being on your own more



You may feel awkward and clumsy



You may become attracted to other people in a different way from before



You may start to have heroes and heroines – older people you admire and try to copy



You may feel like dressing like older kids do



You may feel less interested in younger kids' games and want to spend your time with older kids



You may feel like being more independent

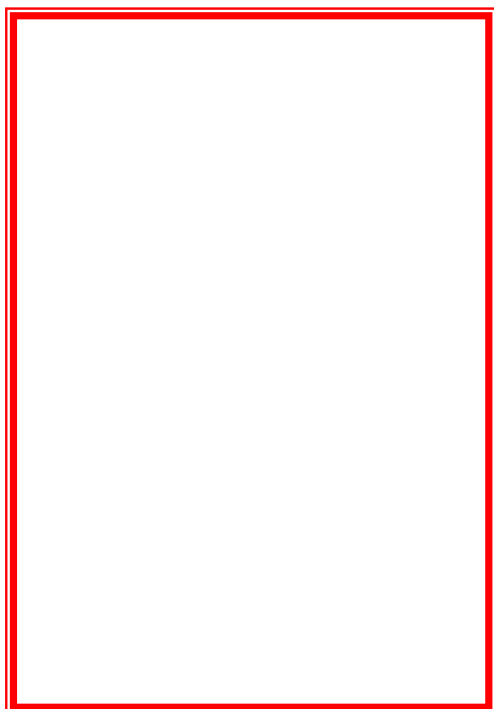
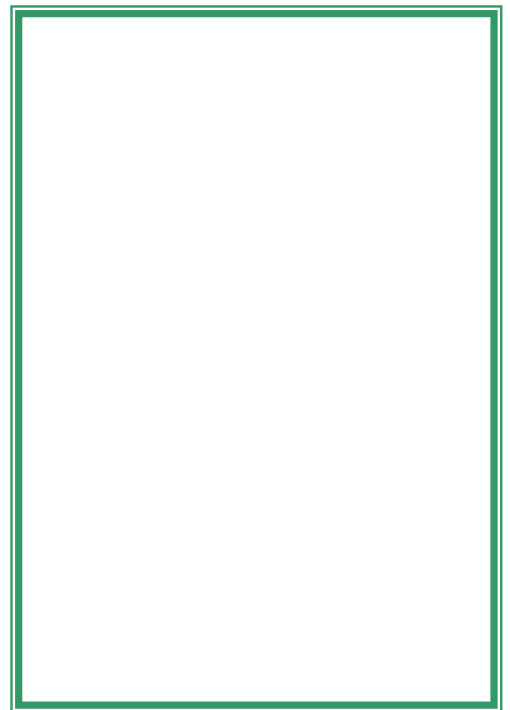
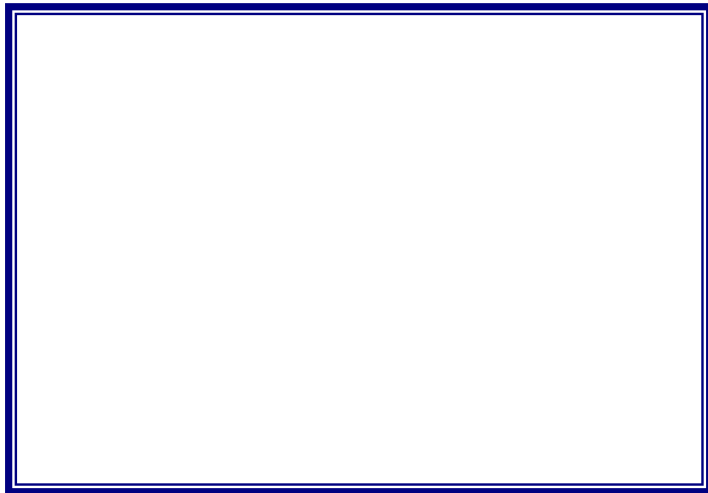


You may find it harder to get on with your parents

All these things are a usual part of growing up

Worksheet 4: In my own time

Having spare time is important. How do you like to spend your spare time? Think of the activities you can do with your friends in the evenings and weekends.



Worksheet 5: Who do you admire?

1. Write about someone famous you admire and say why you admire them.

2. Write about a person you know and say why you admire them.

Worksheet 6: Saying **NO!** is difficult

How would you say **no** in these situations?

[illegible]

Worksheet 7: Making decisions

"I join in with what the others decide to do, because I don't want to let them down." (*Karen*)

"I always try to think what Mum and Dad would advise me to do and what they would think of me if I joined in." (*Darren*)

"I always go along with what the others suggest. I then decide for me." (*Lester*)

"I think whether it'll be exciting and fun, or boring and a waste of time." (*Carla*)

"I think about what the consequences will be for me if I join in and how it will affect other people." (*Simon*)

"I'm scared that if I don't do what the others want, they'll tease me and call me a chicken, so I go along with what they decide." (*David*)

"I think about whether what's being suggested is right or wrong." (*Alex*)

"I think of all the reasons for and against doing what's being suggested and decide for myself whether to say yes or no." (*Nasreen*)

"I think of the risks of getting into trouble. If I think I can get away with it, I'll join in." (*Kim*)

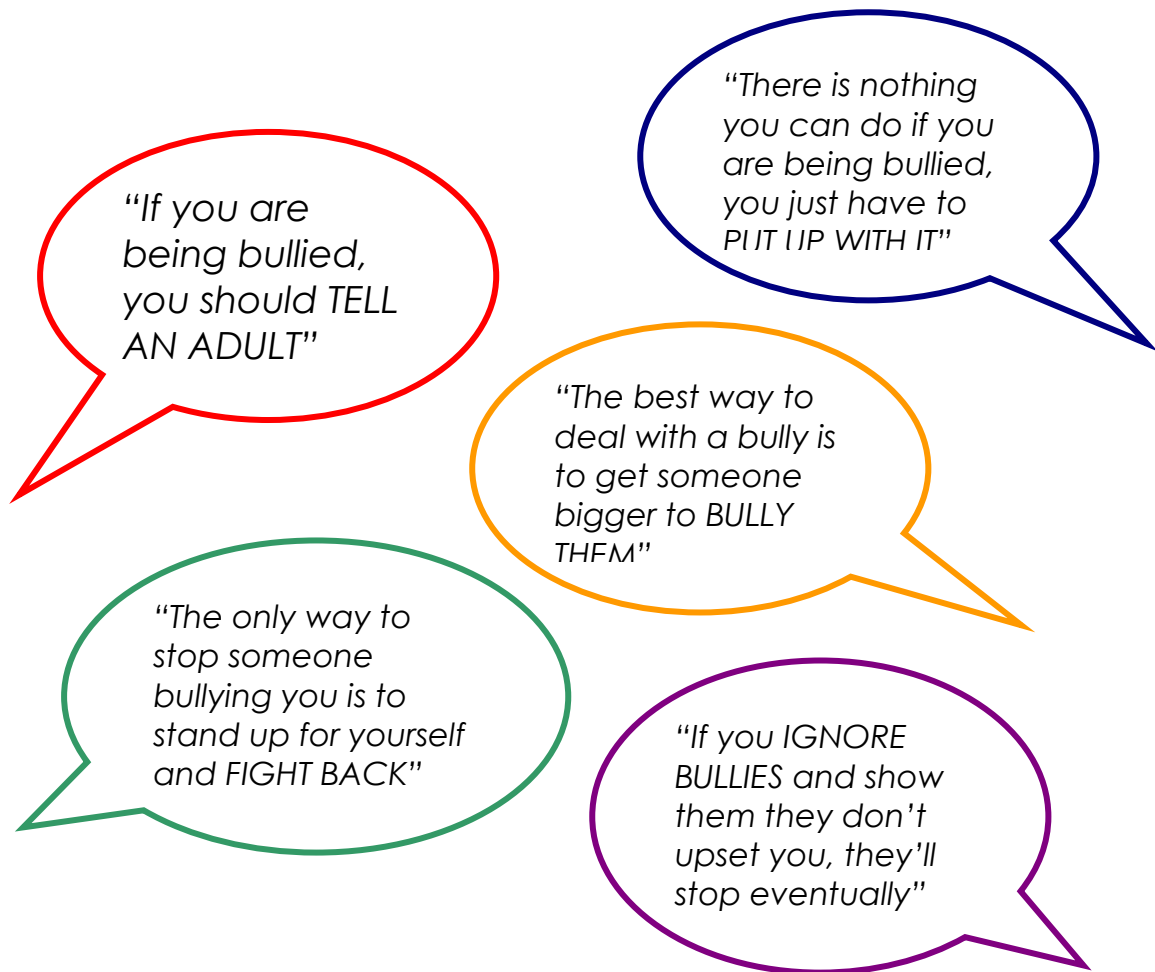
Talk about

In groups, study the reasons these boys and girls give for deciding whether or not to join in with whatever the rest of their gang want to do.

Which children do you think give good reasons for their decisions?

Which children give poor reasons for their decisions?

Worksheet 8: Dealing with bullies



Talk about it

Discuss each of the statements above, and say why you agree or disagree with it. Then in groups draw up a list of suggestions – Ten things to do if you are being bullied.

TEN THINGS TO DO	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Worksheet 9: Loving relationships

We love people in different ways. We show our feelings in different ways too. Think about all of the people who you love.

Write your own "Love is" poem.

The form consists of a large rectangular area enclosed by a decorative border. The border is composed of a repeating pattern of 'x' marks. Inside the border, there are several small, colorful icons: a pink heart, a green leaf, and a yellow flower. The border is divided into four sections by a vertical line on the left and a vertical line on the right. The top and bottom sections are decorated with the icons, while the left and right sections are empty for writing.

Grown ups who love each other show that they care in lots of different ways. They spend a lot of time together. They share their hopes and fear, and comfort and support one another when they have problems. Eventually they may decide to set up home together.

Worksheet 10: Is this love?

Love is holding hands



Love is respecting each other



Love is caring a lot about someone



Love is finding someone really attractive



Liking them as they are



Love is wanting to spend your whole life with them



Love is kissing



Love makes you happy



Love lasts forever



Love is when two people are really close and share all their secrets and fears



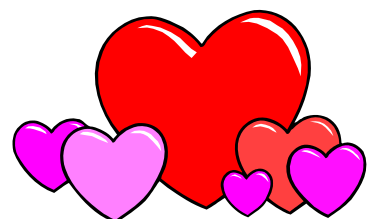
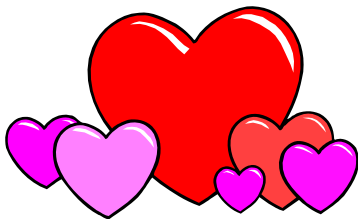
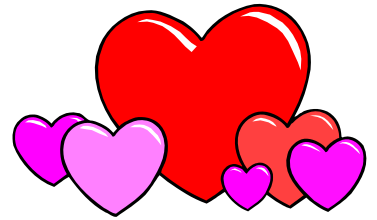
Love is feeling so strongly about someone that you would do anything for them



Love is trusting someone totally



Love is sharing everything



Worksheet 11: Achievements and targets

What things have you achieved in the last six months?

List three things you are proud of doing in the last six months.

1.

2.

3.

What things do you hope to achieve in the next six months?

List three targets you hope to achieve in the next six months.

1.

2.

3.
