

# I Am Unique

## SPHE STRANDS:

**Myself – Growing and changing – Safety and protection**

### **Chatting**

Chat to the children about things they like to do using questions such as:

- What is your favourite flavour of ice cream? Why do you like it?
- What do you like to do on Saturdays? Talk about it.
- What food do you really not like to eat? Why?
- What is your favourite colour? Did you always like that colour or did you have another favourite before? Chat to the person beside you about their favourite colour and their lucky number.

### **Art Activity**

Distribute an A4 page to the children and invite them to divide it in half drawing some of their favourite things on one side and their least favourite things on the other.

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## Discussion

When the children have finished their drawings invite some children to tell the class three of their favourite things. After each favourite thing is mentioned ask the children to put up their hands if they chose that thing too.

- Do the same with least favourite things.
- Ask the children did anyone choose anything completely different.
- Having listened to the responses ask the children why they think everybody chose different things?
- Encourage the children to consider how unique we all are and how dull the world would be if we were all the same.

## Other People are Special Too

- Invite the children to think of one member of their family and to tell the class what is special about them – good runner, kind, funny, generous, etc.
- Then invite the children to turn to the person beside them and to say three things that are special about them.
- Ask the children is everyone special? How do you know? Is it always obvious/clear what makes a person special? Even if we don't really like someone are they still special?
- Explain to the children that we should treat everyone with respect, whether we like them or not. They are special because they are people made by God. Ask the children to give examples of ways we can show respect for each other – being helpful, sharing our things, not making fun of people, including others in our games, etc.



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## Reflection

Invite the children to close their eyes and sit quietly with their feet on the floor. Then read the following:

Think of your favourite place to go with your family. Imagine you are there now. What can you see? What can you hear? What can you smell? Think about how happy you feel.

God made each of us unique and special. We all like different things. We all look different. We have our own ideas and opinions. We have our own likes and dislikes.

Thank God for all of the special gifts he has given you. Thank God for making you special. Thank God for the wonderful gift of you. Amen.