

### What will I learn?

I can say things about myself that I am proud of.

I can identify the feelings I have and describe how different emotions feel.

I can describe different ways to cope with any uncomfortable feeling I have and understand why this is important.

I know how to be assertive.

I can explore messages given by the media and decide if they are helpful or harmful.

I can identify different strategies I can use if I make a mistake.

### Reflective Questions

What does it mean to have pride in ourselves?

Why is it important to tell people how you feel?

When and how can we be assertive?

What messages do we get from the media about how people should look, feel and behave?

What can we do if we do something wrong or make a mistake?

### Pictorial Representations



### Vocabulary

confidence	A feeling of self belief. An appreciation of your own abilities or qualities.
achievement	A thing done successfully with effort, skill or courage.
media	The main means of mass communication.
advertisement	A notice or announcement to the public promoting a product, service or event.
assertive	Showing a confident and forceful personality.
uncomfortable	Feeling unease or awkwardness.
comfortable	Being at ease, secure, happy and relaxed.
pride	A feeling of satisfaction of your own achievements or others.
emotional wellbeing	A positive sense of wellbeing which allows a person to function in everyday life.