

# Introduction

This book is made up of four main themes:

- Developing confidence and responsibility and making the most of their abilities.
- Preparing to take an active role as citizens.
- Developing a healthy lifestyle.
- Developing good relationships and respecting the differences between people.

These themes are all designed to help promote personal, social, health, education and citizenship to children. The activities will allow them to know themselves better and know more about others in the world in which they live. Many of the areas overlap and could fit into more than one section.

It is a dip and match set of activities to complement what you do in the classroom already. There are some lesson plans which are split into Lesson One and Lesson Two.

There are also a range of stories with supporting activities, poems, songs, games, worksheets, items to make, colouring sheets, mini books to make, circle time co-operation games, discussion points and certificates to photocopy onto card.

Book Two has a range of new ideas, all linked to the National Curriculum, non statutory framework for personal, social, health education and citizenship at KS1. I hope you enjoy using these ideas, and that they are successful and rewarding. Many of these have been tried and tested in my own classroom and have come from a huge variety of sources.

**Alison Gardner**

# The Indian Cinderella

*Adapted by Alison Gardner*

There was once a warrior named Strong Wind. He was a very brave, strong, courageous warrior. He had one amazing ability, no one else in India could do what he could do. He was able to make himself invisible to untruthful people, that is, to anyone who lies.

He decided it was time to get married. He wanted a kind, generous, honest woman for his wife. How was he going to find such a person? He had a sister called Sharp Eyes. When he met a woman who he thought might make a good wife he called for Sharp Eyes help.

Each time they checked to see if the women could see him and what he was wearing? He met the local chief who had three gorgeous daughters. All of them wanted to be his wife. He called for Sharp Eyes. Two of the daughters said they could see Strong Wind, he knew they were lying. You couldn't see him!

The two sisters were really upset when they knew they had been found to be lying. They had wanted to marry him. The other sister, Morning Light was set upon by the two angry sisters. They attacked her, cut off her hair and tried to make her ugly. Morning Light refused to lie.

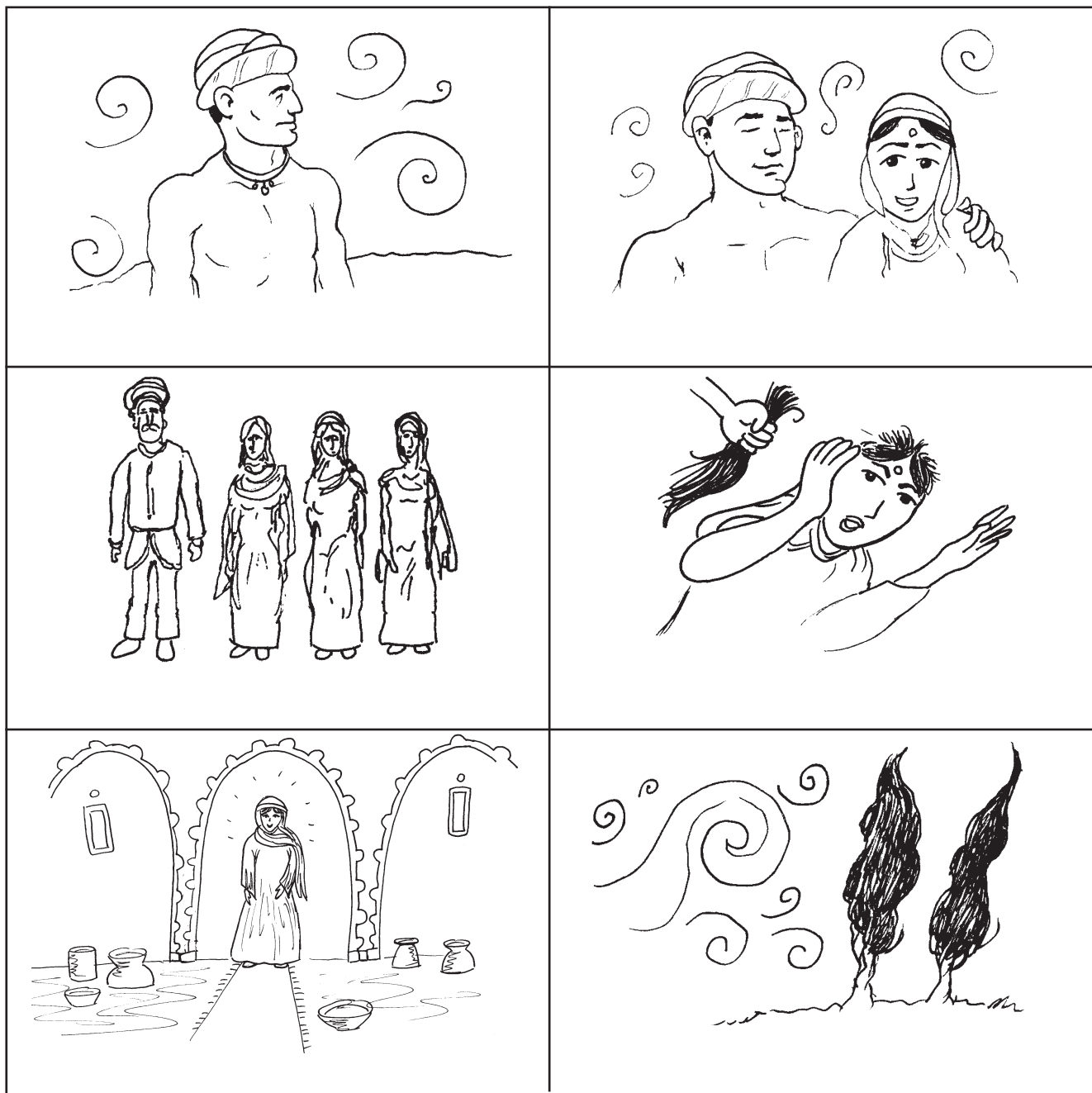
She said that she couldn't see Strong Wind, and she married him through love and trust. The two sisters who lied were punished for their terrible deeds, they were turned into tall trees. And do you know, even now, those two trees quiver at the sound of a strong wind approaching.

Strong Wind and Morning Light had a really honest marriage and lived very happily after.

Name \_\_\_\_\_

# The Indian Cinderella

Cut and paste the words with the correct picture, then colour it in.



Morning Light got married.

Strong Wind wanted a wife.

The chief had three daughters.

The sisters cut her hair.

They were turned into tall trees.

Sharp Eyes was going to help him.

# A Very Special Person

## LESSON ACTIVITY

### *Resources*

Small make-up mirror  
Box - large enough to hold mirror  
Paper plates  
Crayons  
Different coloured wool for hair - cut into pieces  
Glue  
Buttons - for eyes  
Lollipop sticks  
Masking tape

### *What to do*

1. Put the mirror inside the box and put the lid on.
2. Tell pupils that there is a very special person hiding in the box.
3. Pass the box around the circle and tell them they are not to open it.
4. They may shake it gently and listen to it, BUT not open it!
5. As the box is being passed around ask questions such as, "Who do you think is in the box?" "Who do you think is a special person?" "Could that person really fit in this box?" etc.
6. Pass the box around for a second time, this time they may peek in, BUT must not tell anyone who they see!
7. Give each child a paper plate.
8. Using the resources above, ask the pupils to make the special person they saw in the box.
9. Use masking tape to attach the lollipop stick to the bottom of the plate, so it can be held up.
10. Write the name of the pupil on the back of the plate.
11. Get back into a circle and bring out the box again.
12. Ask pupils to show us all, who the special person was, in the box.
13. Use plates for a display.

### *More lesson resources*

- 'I am Special' booklet to make - pages to photocopy and staple together into a booklet.
- Certificate boy/girl included for end of project/booklet.
- The Rainbow Fish Lesson Plan - outline and scales for classroom display included.
- 'I am Special' poems and songs.

I am Special



My name is \_\_\_\_\_ .

I am \_\_\_\_\_ years old.

Here is a drawing of myself



My height is \_\_\_\_\_ cm.

My hair is \_\_\_\_\_ .

My eyes are \_\_\_\_\_ .

**Name** \_\_\_\_\_

Draw your family and put their names underneath.

Here is my family.

Name \_\_\_\_\_

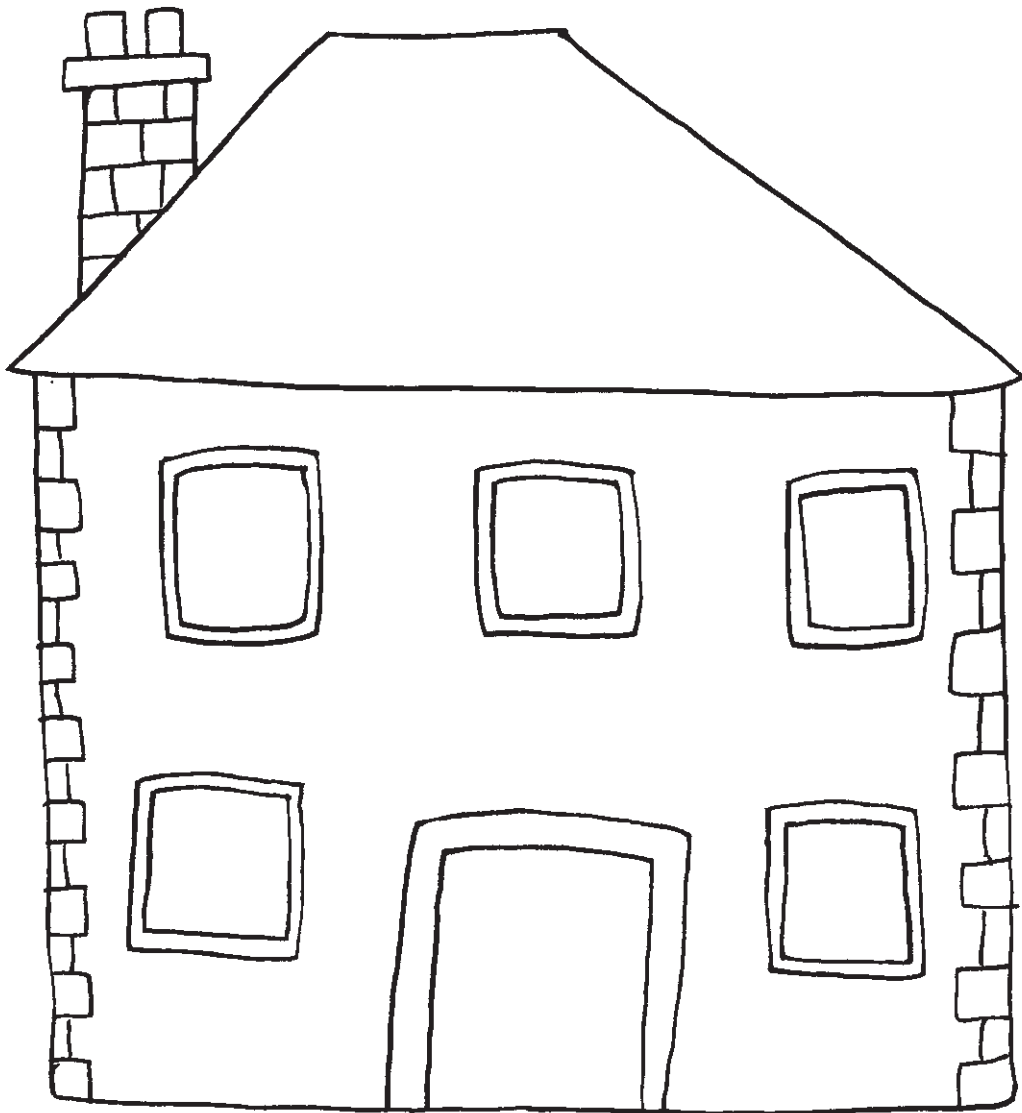
My address is:

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Colour your house and draw trees, flowers and grass around it.