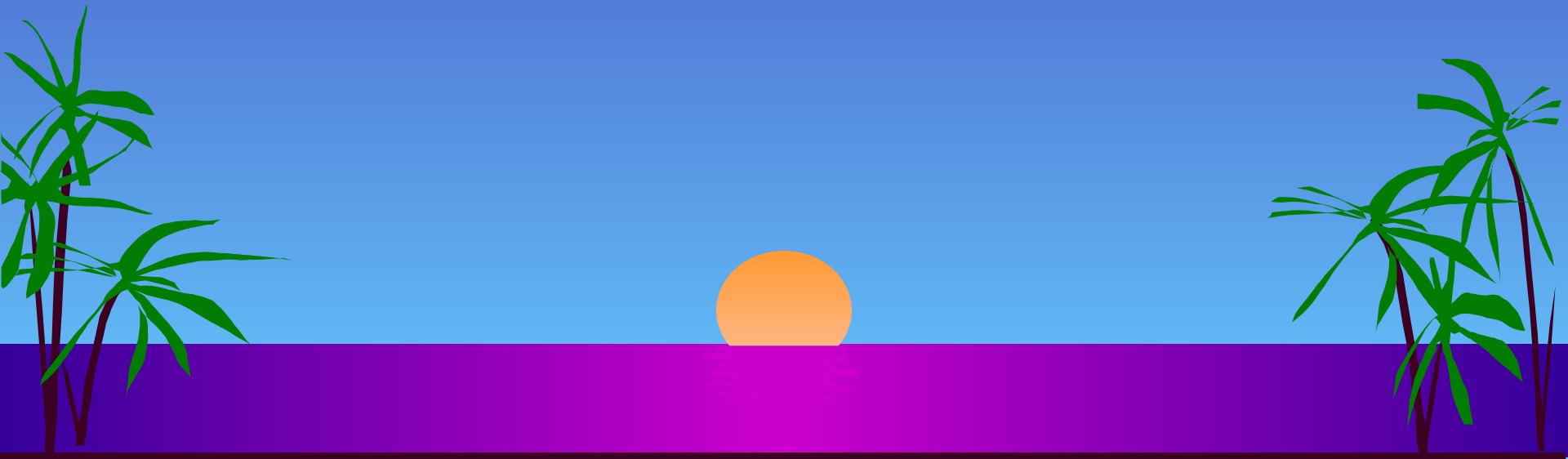


# Activity about you-icebreaker



The background features a tropical sunset scene. A large orange sun is positioned on the horizon, with its reflection shimmering on the dark blue water below. The sky transitions from a deep blue at the top to a lighter blue near the horizon. On the left and right sides, there are stylized palm trees with green fronds and brown trunks.

I'm Special; You're Special!

Primary 7

# Today is all about you!

1. You are special
2. Growing up
3. Your Choices
4. Your body
5. Are you a good friend?













I've arrived





conception

**When did your life begin?**





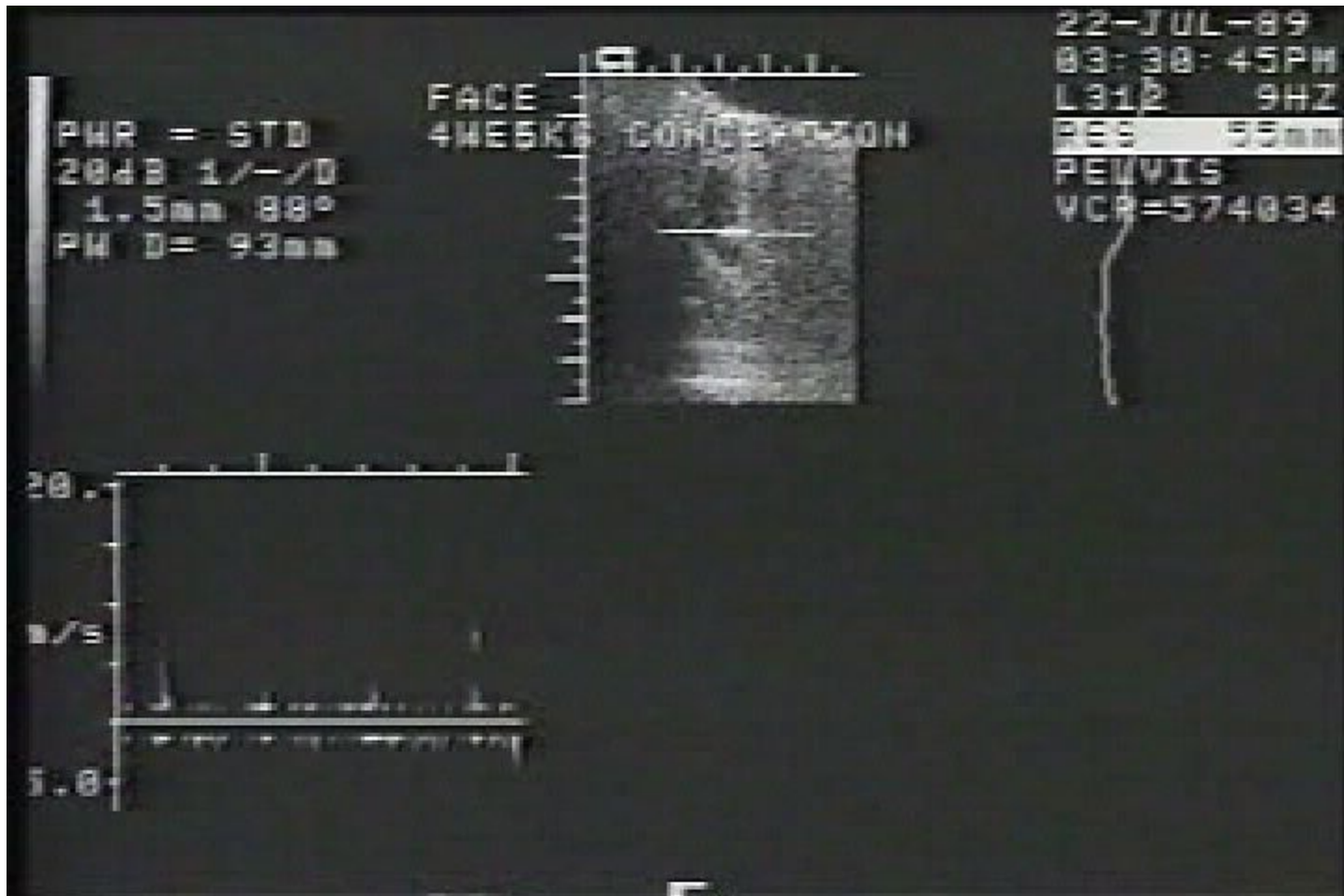
1994  
13 JAN  
11:21  
DYNRNG  
47 db  
35CU76  
DEPTH  
190 MM  
POWER  
47%  
FPS  
24  
REJECT  
1  
EDGE  
3  
GREY  
3  
SMOOTH



EXAM TYPE 0  
1 EDD  
UA by EDD  
2 CRL 74mm 13W20  
3 BPD 88mm 36W00  
4 OFD  
5 HC  
6 APD 116mm  
7 TAD 100mm  
8 AC 339mm 30W10  
9 FL  
0 UD  
AUA 37W10  
Commands:

**Window on the womb video**

# When does the heart begin to beat?



**4-5 WEEKS  
FROM  
CONCEPTION**

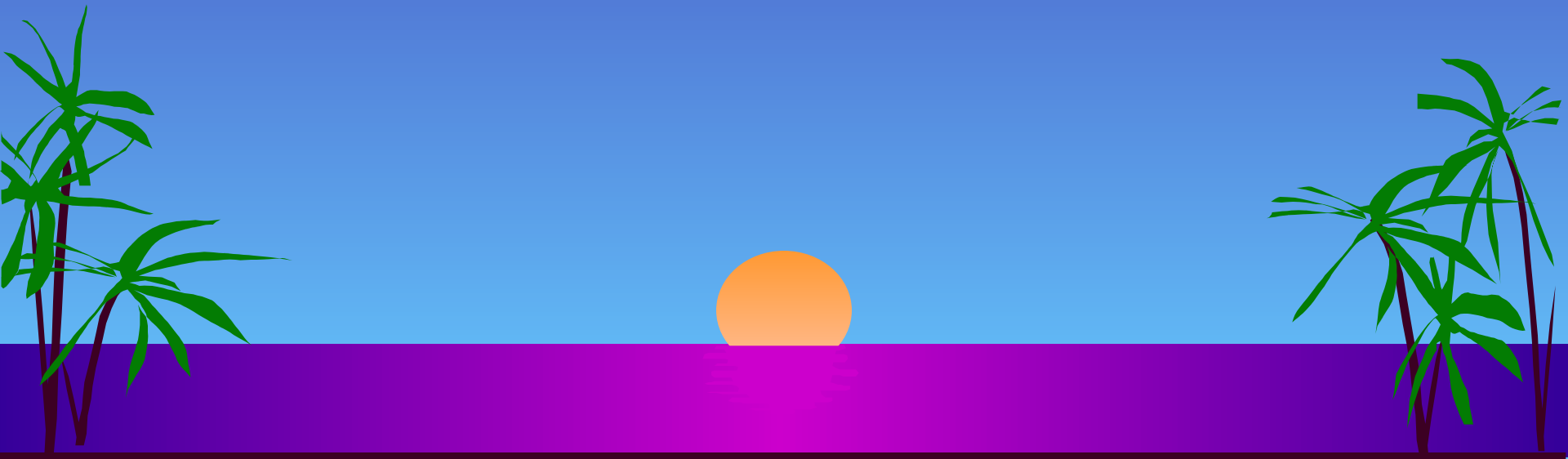
# "I'm Special; You're Special"



Activity

The baby in the womb after egg and sperm meet has a beating heart by:

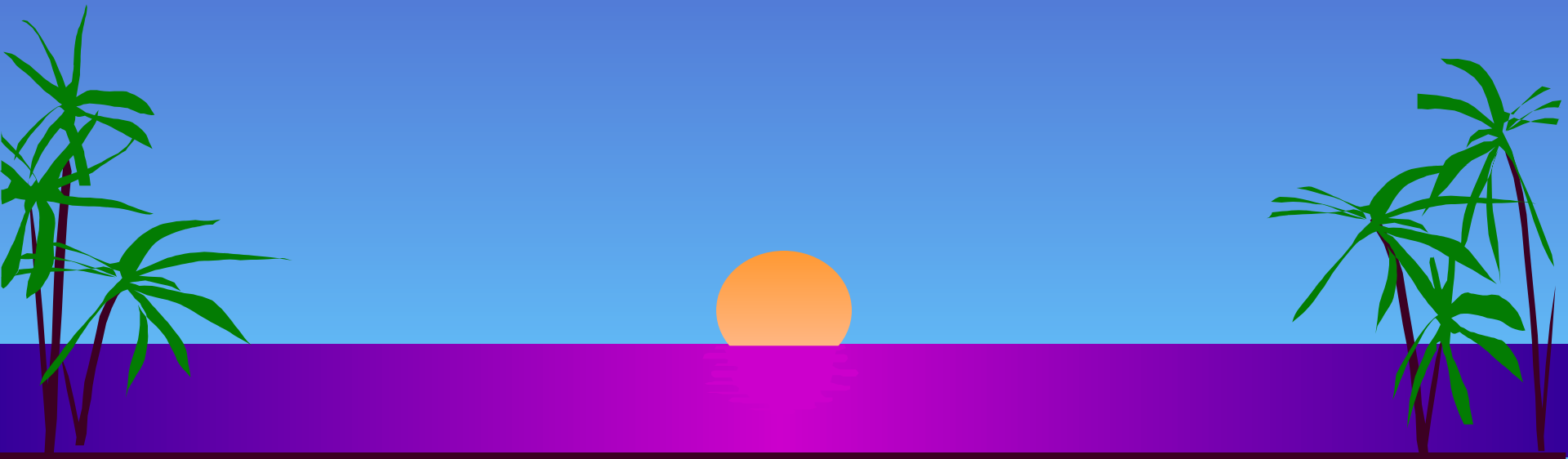
- a) Day 25    b) Day 40    c) Day 90





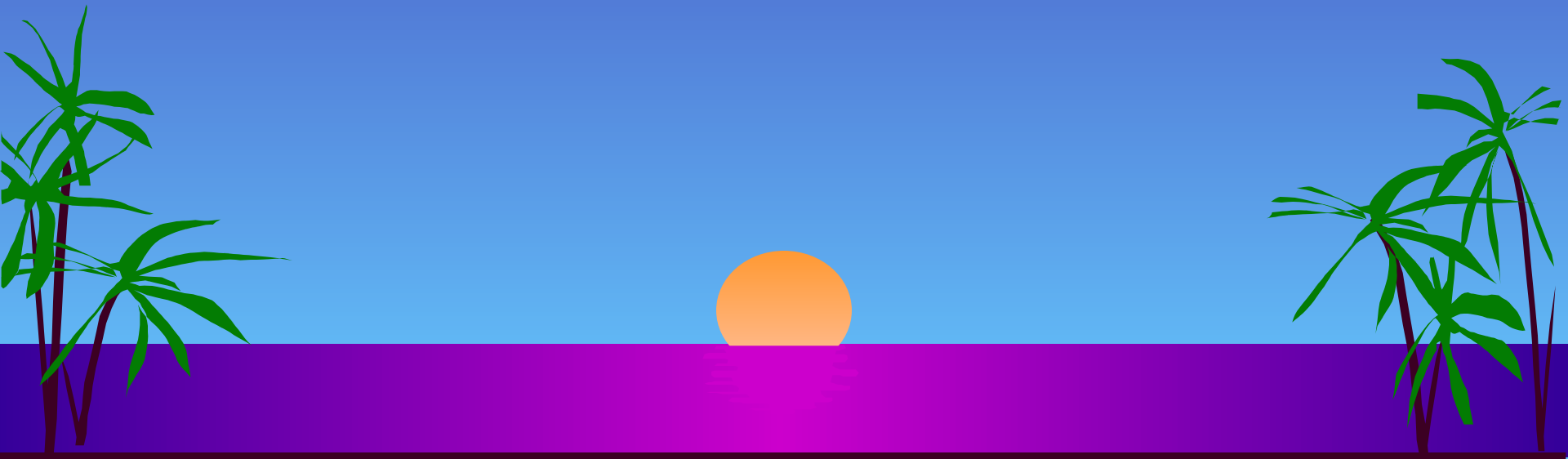
The baby in the womb after egg and sperm meet has a beating heart by:

- a) Day 25   b) Day 40   c) Day 90



The baby in the womb after conception has a brain, kidney, liver, and lungs by:

a) 6 weeks   b) 8 weeks   c) 12 weeks



The baby in the womb after conception has a brain, kidney, liver, and lungs by:

- a) 6 weeks   b) 8 weeks   c) 12 weeks

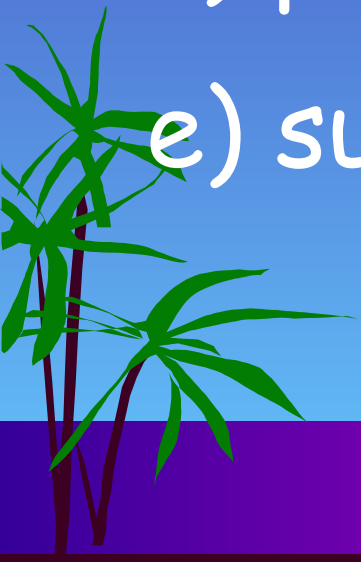


A baby in the womb could do which of the following:

a) have hiccups    b) feel pain

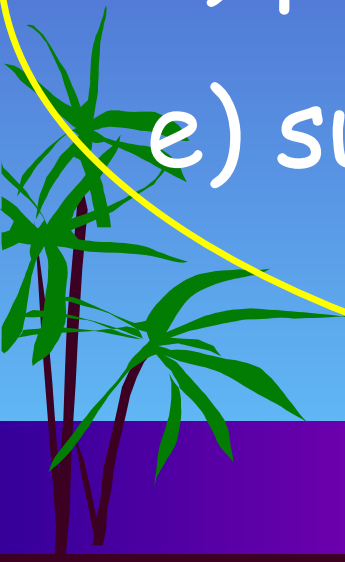
c) pass urine    d) yawn

e) suck its thumb    f) breathe



A baby in the womb could do which of the following:

- a) have hiccups
- b) feel pain
- c) pass urine
- d) yawn
- e) suck its thumb
- f) breathe



I was (am) special:

a) at conception

b) at birth

c) now

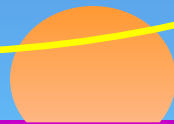
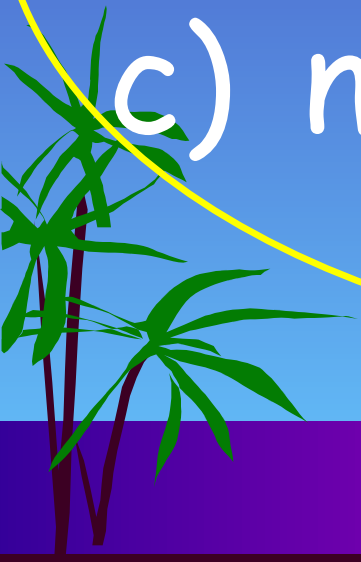


I was (am) special:

a) at conception

b) at birth

c) now



The baby can first be seen moving in the womb at \_\_\_\_\_ weeks after conception.

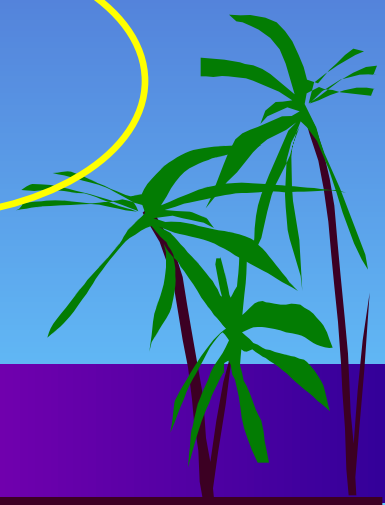
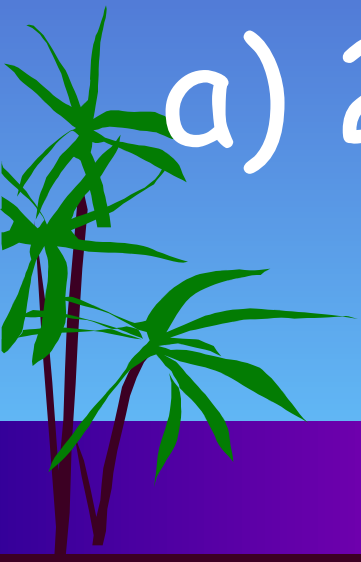
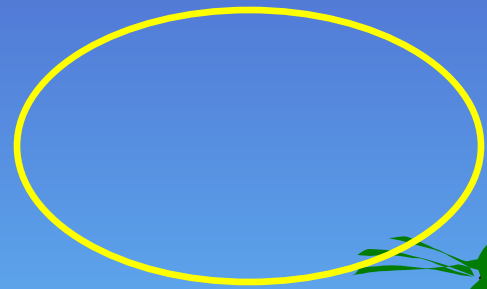
- a) 2      b) 4      c) 6



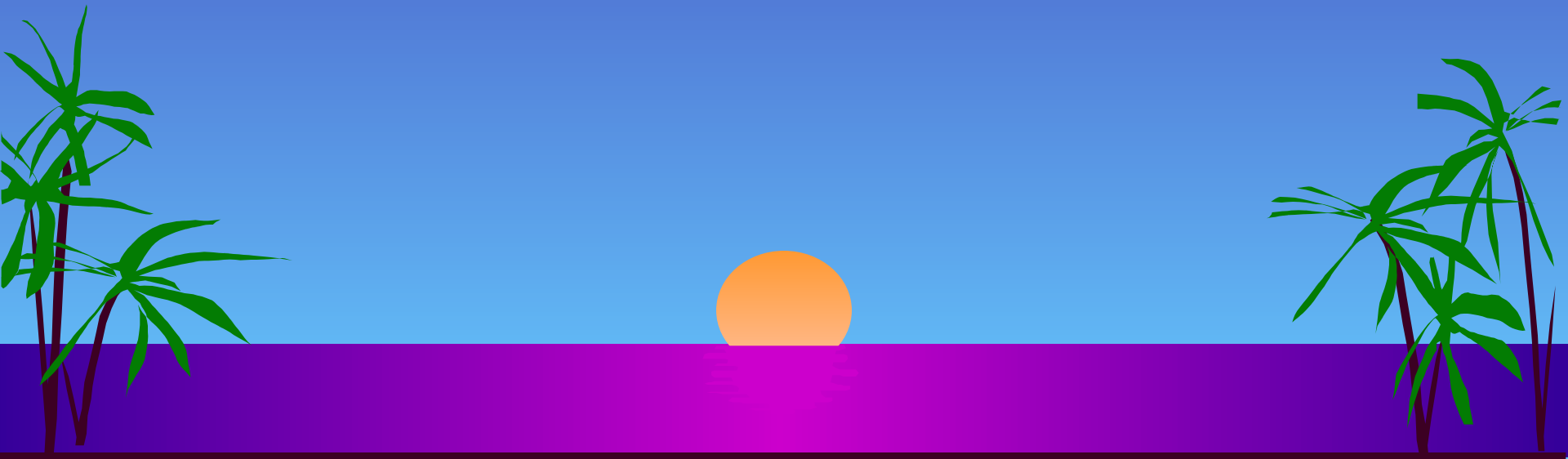


The baby can first be seen moving in the womb at \_\_\_\_\_ weeks after conception.

- a) 2    b) 4    c) 6



What was the chance of  
you being born?



There was a  
1 in 200,000,000  
chance of you being  
born



# Today is all about you!

1. You are special
2. Growing up
3. Your Choices
4. Your body
5. Are you a good friend?



Growing up is a funny business

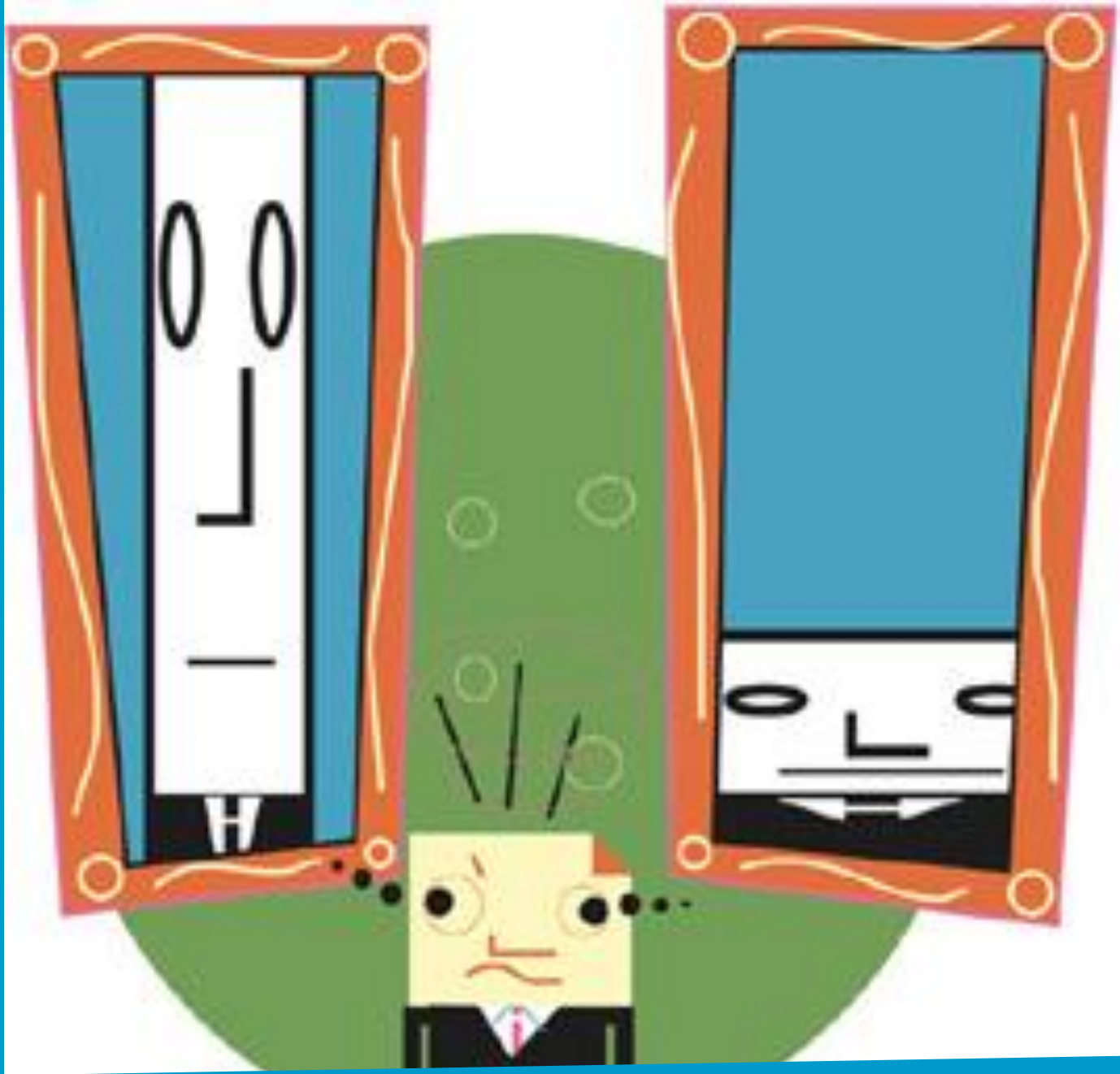


# Growing up



What physical and emotional changes are taking place/will take place in your body?





do you think it is important to like yourself?

What matters  
most is how you  
see yourself!





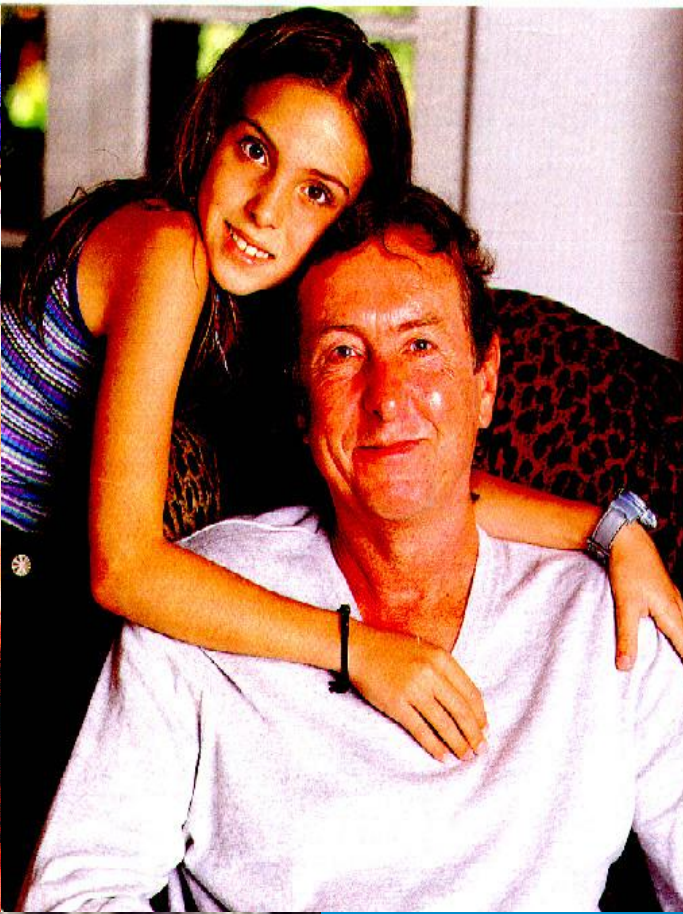
# Who affects



how you see yourself?



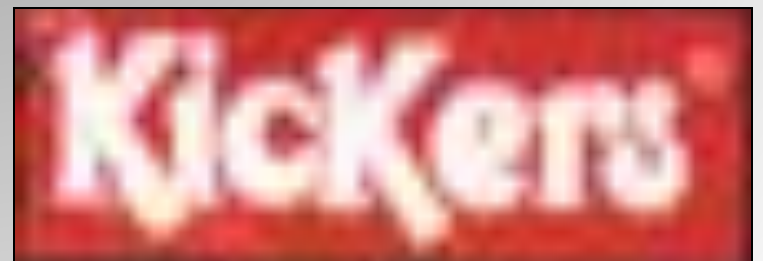
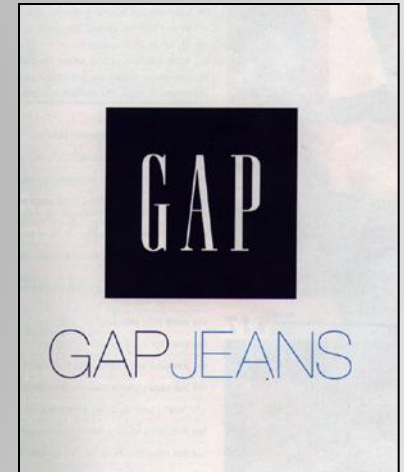
**Activity:**  
**Who helps you make your choices?**







"I used to compare myself constantly to models in magazines and think why can't I look like that. That feeling never goes away, but I've learned to deal with it." -Louise Nerding, Cosmopolitan 1999





# Friends



# Today is all about you!

1. You are special
2. Growing up
3. Your Choices
4. Your body
5. Are you a good friend?





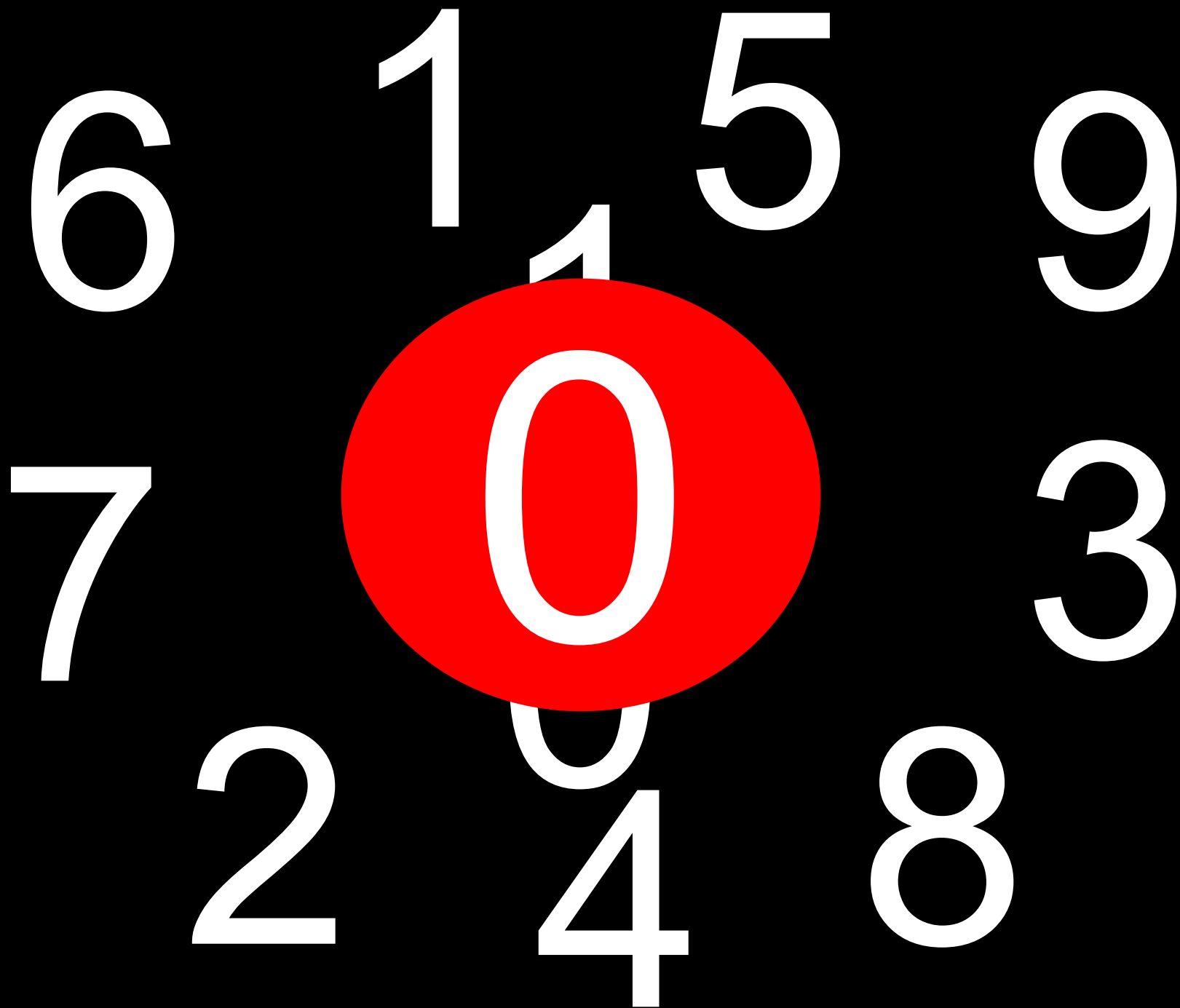
# You have so many choices to make as you grow up



- Good choices or bad choices
- Healthy choices or unhealthy choices

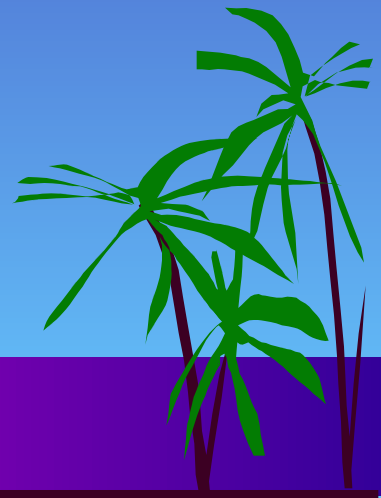
# Activity with human body







# Video on decision making? Or risk-taking and consequences



**Enjoy being the person you are**

**Make healthy choices**

**Make your own choices**

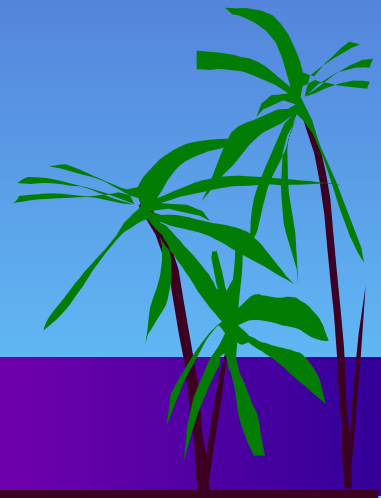


# Today is all about you!

1. You are special
2. Growing up
3. Your Choices
4. Your body
5. Are you a good friend?



# Activity: Word search





# Activity: Word Search for girls



I	A	M	D	E	S	I	L	I	T	R	E	F
V	O	E	N	E	I	G	Y	H	U	V	E	R
A	P	V	V	S	P	E	C	O	I	A	S	L
G	E	A	A	N	D	I	D	A	M	A	P	V
I	N	T	E	R	C	O	U	R	S	E	E	A
N	I	L	U	A	V	B	L	E	P	G	R	E
A	S	R	S	D	O	I	R	E	P	G	M	S
O	N	J	O	A	M	U	N	I	Q	U	E	R
E	S	B	P	E	C	Y	T	R	E	B	U	P
G	R	O	W	T	H	S	P	U	R	T	S	T

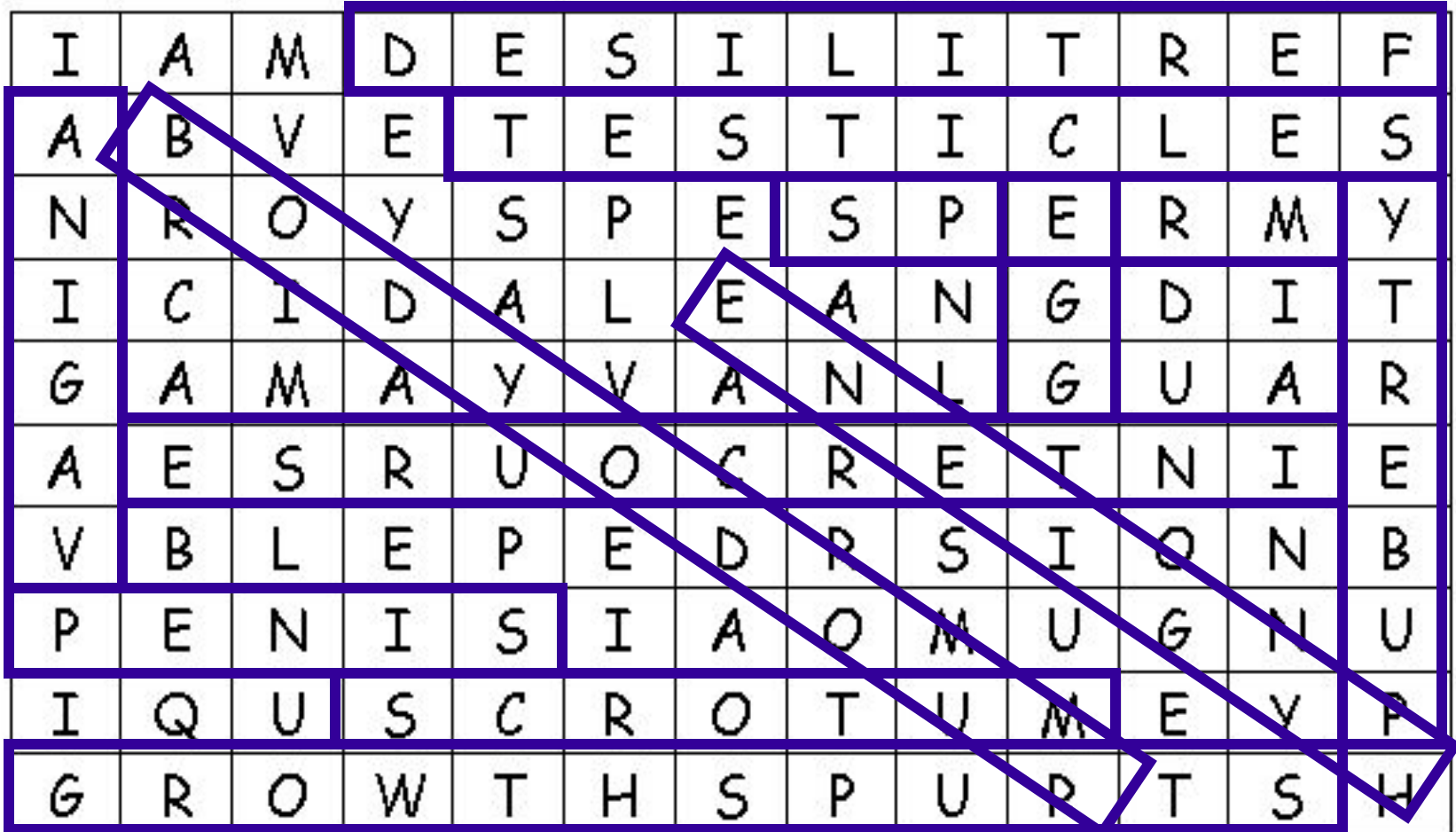
I am very special, and I  
am a valuable person. I  
am unique.

RESPECT

# Activity: Word search



## Activity: Word Search for boys



**I am very special, and I  
am a valuable person.**

**I am unique.**



# Today is all about you!

1. You are special
2. Growing up
3. Your Choices
4. Your body
5. Are you a good friend?





# What makes a good friendship?

## Activity: Special Friends



# What are the signs of a "bad" friendship?



- Talking behind your back



# What are the signs of a "bad" friendship?



- Talking behind your back
- Jealousy

# What are the signs of a “bad” friendship?



- Talking behind your back
- Jealousy
- “Using you” for their gain

# What are the signs of a "bad" friendship?



- Talking behind your back
- Jealousy
- "Using you" for their gain
- Negative influence on you

# What are the signs of a "bad" friendship?



- Talking behind your back
- Jealousy
- "Using you" for their gain
- Negative influence on you
- Bullying

# What makes a good friendship?



- Respect
- Trust
- Commitment
- Caring
- Good talking
- Things in common
- Being a good friend?

# What makes a good boy/girl friendship?



- ✓ Respect
- ✓ Trust
- ✓ Being committed
- ✓ Caring
- ✓ Good talking
- ✓ Things in common
- ✓ Being a good friend

# Roleplay

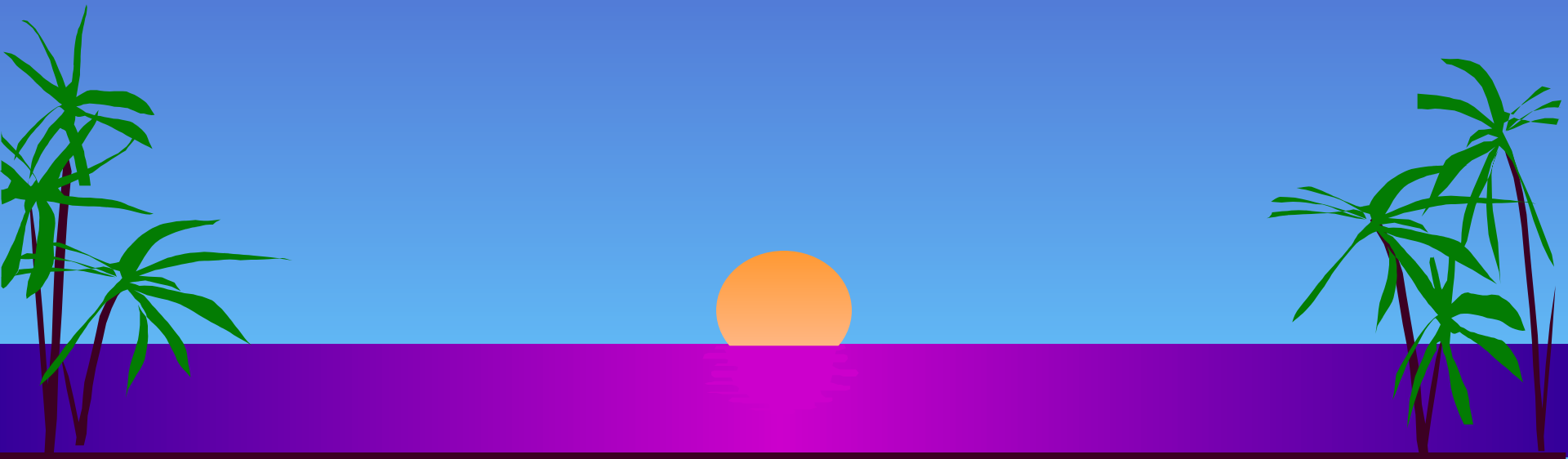
Passive?

Aggressive?

Assertive?



Dream big!





# Today is all about you!

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4. Your body
5. Are you a good friend?



# Activity on value of human being-sock with £20



**I'm Special; You're  
Special!**

