

Session 1.6: I'm OK, you're OK

Activity sheet 1.6.1: I'm OK, you're OK

- Respect-for-all means 'I'm OK and you're OK'.
- It does not matter who you are and what you look like.
- It does not matter what you are good at.
- It does not matter how much help you need.

Our behaviour

- 'I'm OK – you're OK' does not mean all behaviour is OK.
- 'I'm OK – you're OK' means we should not hurt each other.
- 'I'm OK – you're OK' means we should not be rude or abusive to each other.
- 'I'm OK – you're OK' means we should not bully each other.
- 'I'm OK – you're OK' means we should not damage each other's property.

This means that everyone in your group is OK. Make a display in your group about everyone being OK. Everyone can write their name on a piece of paper. You could all decorate it with pictures about what you like. You could use fancy writing. You could put patterns around it. You could do it on a computer or you could do it with art and craft materials. Everyone will put their names on the display. Put a title on it: 'I'm OK – You're OK'.

Activity sheet 1.6.2: All about me

Complete the sentences about yourself:

My hair is

My eyes are

I like

I am good at

I need help with

My name isand I am OK

I know that others are OK too and I will respect them.

I will treat others the way I would like to be treated.