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Week 3



Proud





#mindfulmonday

## Teacher/ELSA Ideas/suggestions



Explain how being proud feels like a deep feeling of satisfaction. You feel pleased with yourself over something you have done. You feel happy and content with your achievement. Start a circle time asking pupils to tell you about a time when they felt proud. Use the sentence stem 'I felt proud when ...' Celebrate all those proud moments regularly during circle time.



Tell pupils regularly about how proud you are of them and what they have done. Use the word proud often in your classroom.



Look at similes such as 'Proud as a peacock'. Peacocks show off all their beautiful feathers and display them for all to see. Ask pupils to 'show off' this week and really look for their proud moments and celebrate them.



You could make a paper chain of pride. Start a paper chain off in class with something you are proud of and ask pupils to write something on a link and add to the paper chain. How big can it get?



Explain how they might be proud of something they have done but also they might be proud of something that someone else has done. Ask them to really focus on that feeling of pride. Ask them to look for it every day.



Look at character traits that they might be proud of. Are they kind, caring, trustworthy, brave, or something else? You can download a full list here. [Character traits.](#)



Introduce the worksheet and list(if appropriate). This week encourage pupils to write down all the things they are proud of. It might be something they have done or something someone else has done. They can either jot down ideas on the writing paper and then fill in the stars or they can just fill in the stars. Ask them to colour their sheets and make them something to be proud of!



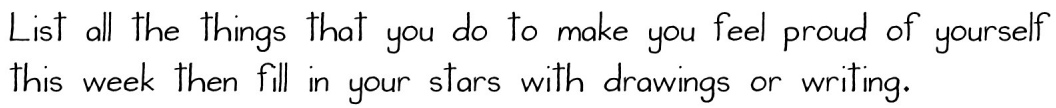


Think about all your proud moments this week  
#mindfulmonday

# Proud



Name

[illegible]

 congratulations 

**AWESOME** On completing the **WOW**

**Proud of me  
Challenge**

Presented to: .....

Signed: ..... Date: .....



 congratulations 

**AWESOME** On completing the **WOW**

**Proud of me  
Challenge**

Presented to: .....

Signed: ..... Date: .....

