

'I am special, so are you' QUIZ

Instructions: Divide the class into 3 or 4 groups. Devise a system for group members to indicate their intention to answer each question, e.g. raise hand, ring bell, yell, 'I am special!'. You may wish to appoint a team captain.

Each correct answer is rewarded with 5 points for the group. The winning group wins some sort of reward.

Note: Younger students will require more teacher assistance to answer questions.

Q1: Finish the sentence: Being different is what makes us...?

Special

Q2: List two reasons why it is important to remember we're special?

Responses may include: If we recognise that we are special, we will: be happy; love ourselves; take care of ourselves; keep ourselves safe; try new things; be confident in our abilities; will be successful in life (school, sport, hobbies).

Q3: List two reasons why is it important to remember other people are special?

Responses may include: We will treat them with kindness and respect (as they deserve); we look after them; we will get along with them; they will be happy and successful too.

Q4: What happens if we forget how special we are or how special someone else is?

Responses may include: We miss out on knowing how great we are or how great someone else is; we don't use our talents; we don't look after ourselves; we don't treat each other with respect/in a kind way; we can hurt other people's feelings; we don't do amazing things with our life that we are capable of.

Q5: What is respect?

Responses may include: Treating others in a kind way; using good manners; listening to others when they have something to say; not being mean or hurting someone on purpose.

Q6: Who is the most important person to respect?

Ourselves (Me)

Q7: Why?

Responses may include: we need to respect ourselves to look after ourselves properly – to keep safe, to be happy and to use our talents to succeed; if we treat ourselves with respect we can then treat other people with respect too.

Q8: List three ways we can treat ourselves with respect?

Responses may include: Eating healthy food; Doing things I enjoy and am good at; Being with people who respect me; Being happy with who I am; Enjoying my own company; Telling myself 'I can do it!'; Exercising; Trying new things; Being proud of my achievements; Reporting bad behaviour; and Receiving a compliment.

Note: You may wish to ask other groups to contribute other ways we can treat ourselves with respect for additional points (e.g. 1 additional point per correct response).

Q9: List three ways we treat others with respect?

Responses may include: Using manners; Keeping promises; Being a good friend; Arriving on time; Listening when people are talking to us; Sharing; Being friendly; Standing up for someone who needs help; Obeying school rules; Giving a genuine compliment to someone.

Note: As noted with the previous question, you may wish to ask other groups to contribute other ways we can treat others with respect for additional points (e.g. 1 additional point per correct response).

Debrief: Thank students for their participation. Reward winning group. Encourage students to apply what they have learnt today in the playground, classroom, home and in other environments.