

My autobiography

Approximate time: 20-30 minutes

Materials: Coloured A4 paper / card and pens

Aim/outcome: To encourage pupils to understand their strengths and the things they would like to get better at. It is good for us to reflect on what we want to learn and the things that we could improve on.

Explanation:

- The point of this activity is to help pupils to think about their strengths and also think about what areas they would like to improve on.
- Give each pupil a piece of paper / card and explain that they are all going to create their own book, their autobiography / the story of their life so far. Ask the group to fold their card in half so that they make a book shape. The first thing they need to do is think of a title and a front cover. So on the front of the book get them to write a title for their book, it could be anything at all that says something about them. Then ask them to draw a picture under the title – it could be a self-portrait, some of their favourite things or anything at all! Make sure that everyone also writes their name on the bottom right hand corner on the front e.g. 'by Joe Bloggs'.
- Next ask the pupils to open the book – so that they have a left and right page in front of them. Ask the group to think about all of their strengths, the things that they are good at and all of the things that they really like. The things that they are good at can be anything at all, and make sure they don't just focus on academics. It could be things like; 'I am a good friend', 'I am good at looking after the dog', 'I am good at tennis' etc. Get the pupils to write all of these things on the left hand page of their open book.
- When they have finished their strengths ask the group to think about the things that they would like to be better at, or the things they would like to practice, or learn more about. These could be things like; 'I want to learn to play the guitar', 'I want to feel less worried about tests' or 'I want to get better at art' etc. Ask the pupils to write all of these things on the right hand page of their open book.
- This last part of the activity is optional but is a really good thing to do with the class. When the pupils have completed their first 3 pages of the book, get them to close it up, and the only part that has nothing written on it yet should be the back cover. Ask the pupils to pass the books around the class and get everyone to write a positive book review on the back of everyone else's books. These should only be a few words like 'great!', 'A brilliant story' etc.
- Make sure that everyone gets their own books back at the end of the activity. Remind the group that it's really good for us to understand and know what our strengths are, but it is also helpful to think about the things we want to get better at, so that we can help to think of steps to get us there.