

Core Self: Help the child to know her/himself

Approximate time: 20 minute tutor time session

Materials: Getting to know myself handout

Aim/outcome: To encourage students to know themselves and help them develop a sense of awareness of who they are and help them feel good about themselves.

Explanation:

- Ask students to answer 'Getting to know myself' handout
- The questions will encourage them to think about things they like and dislike as well as how they see themselves.

Expansion activity:

Make a collage of all the things they like and dislike

One-to-one:

Encourage the student to fill out the handout and help them if they are stuck for ideas – make the task fun and easy.

Students say: Be aware that some students may feel stuck and in despair if they don't know the answers to some of the questions. Make the activity fun. Tell students that it is ok if they do not know some of the answers - the exercise is to encourage them to get to know themselves. Confirm that everyone is different and that no one will have the same answers and it is good to have different answers and to grow and develop as individuals.

Getting to know myself handout

My favourite food is.....

My funniest joke is.....

My most favourite lesson is.....

The person I would like to get stuck in a lift with is.....

My most special memory is of.....

The best present I could get is.....

The best time of the day for me is.....

My favourite clothes are.....

The best holiday I've had was.....

I love weather when it is.....

My most treasured possession is.....

The sport I like to play most is.....

My favourite animal is.....

The best book I have read is.....

My favourite hobby / activity is.....

My favourite piece of music is.....

My lucky number is.....

The pet I would most like to have is.....

I am good at.....

I look like.....

The bravest thing I have ever done is.....

The most exciting thing I have ever done is.....

The hardest thing I have ever done is.....

My favourite time of year is.....

If I could choose to be anyone I would be.....

If I could change one thing about myself, it would be.....

I am not very good at.....

It is a real treat for me to

My best friend is.....

When I need a hug I go to.....

The best thing about school holidays is.....

The worst thing about being ill is.....

When I am ill I like to.....

The worst thing that happened to me this year was.....

The best thing that happened to me this year was.....

I hate having to eat.....

The happiest day of my life was.....

My ideal room would be.....

I get really cross when.....

I feel lonely sometimes when.....

I feel really sad when

I feel so angry about

Sometimes it is hard to keep my temper when

When I am happy I

When I am angry I like to.....

I get very embarrassed when

It is very irritating when

When I feel sad I.....

I am a little worried about

I feel disappointed when

I feel frustrated when

I am afraid of

Adults say confusing things sometimes like.....

When I am really upset that I.....

I feel like singing when

When I get confused, I.....

I feel different to other people sometimes when.....

When I feel left out of things, I.....

Something I wish I had done but did not was.....

I would like to get a call from.....

I would like to spend a day with

I like to day dream about

If I were a teacher I would.....

If I were a parent I would

If I ruled the country I would

If I could change my life I would.....

If I had a time machine I would go to a time when

One thing I would like to find is.....

If I had a magic bus I would take.....

Three things I would change at school are.....

The best present to give to someone is.....

If I had a treasure chest I would put these things in it.....

My New Year's resolution will be.....

The best dream I ever had was.....

If I were a colour I would be

If I were an animal I would be a.....

If I were a musical instrument I would be a.....

If I were invisible for a day I would.....

When I am at school sometimes I feel.....