

Core self: Help the child to know her/himself

Approximate time: 20 minute tutor time session

Materials: Things I want to improve handout

Aim/outcome: To encourage students to build their capacity to take responsibility for themselves. To encourage students to see that they have a relationship to the things and people around them.

Explanation:

- Ask students to answer the questions on the handout
- Ask the students to pick one thing they are not so good at and would like to improve.
- Ask them how they would feel better if they could improve and take better responsibility for this issue?
- How would it make their lives better? How would relationships with people in your life improve?
- Ask students to choose one thing they would like to change and make a pledge that they will try to change that one thing in the next week?
- Ask students to consider what help they will need? Which key people do they need to inform to say that they are trying to achieve this pledge and what ways would they like them to encourage the student to complete the pledge?

Expansion activity:

As a tutor group think of a cause that they would like to support, such as support a charity and plan a way to raise money for that charity.

One-to-one:

Encourage the student to fill out Core Self Handout 4 and if they are stuck suggest ideas and support them in fulfilling the task.

Students say: Try to encourage students to see that taking responsibility for themselves can make them feel a sense of usefulness and personal power. Taking responsibility can help them get a sense of control over situations and understand that they have choices and decisions in their lives as well as making an impact on their lives rather than their lives 'happening to' them. Be aware not to make students feel ashamed if they are not good at taking responsibility for themselves. It is important to give them the opportunity to hear the discussion and make informed decisions about what they would like to take responsibility for in their lives.

Things I want to improve handout

1. Pick something that you are not so good at and would like to improve – there are some ideas on the list below;

- Are you good at being on time?*
- Are you good at handing you homework in on time?*
- Are you good at making your own packed lunch?*
- Are you good at washing up without being asked?*
- Are you good at tidying your bedroom without being asked?*
- Are you good at saving money?*
- Are you good at remembering your PE kit?*
- Are you good at looking after your pet?*
- Are you good at remembering people's birthdays?*
- Are you good at telling the truth?*
- Are you good at turning up to things when you say you are going to turn up to them?*
- Are you good at giving things back that you have borrowed?*

2. How would you feel if you could improve and take responsibility for this issue? How would it make your life better? How would your relationships with people in your life improve? Is there any help or support you need in order to make these improvements? Can anyone show you how to develop these new skills? Who is the one key person that could help?

3. Make a pledge on improving this area I would like to.....
The key people who can help me are.....
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