



What makes
me *me*?

Take it further:

THINK

What curiosity questions can you ask?

e.g. What do you like the most about yourself? What is your personality like? What do you love doing? Is this part of your identity? Do you have any words that people use to describe you? Do you like (or agree with) those words? Are you similar to anyone else in your family?

FEEL

How might different people feel about this?

e.g. Where or when do you feel happiest? What makes you feel good about yourself? Why might you sometimes not feel good about yourself? What is your favourite thing to do? Which people make you feel good when you're around them and why?

CONNECT

What links can you start to make?

e.g. How have you changed since you were little? Do you still have the same hobbies and interests? How are you similar and / or different to your siblings or other members of your family?



Activity ideas:

1. Drawing your life map: Take a large piece of paper and start your life map with the day you were born and note down the dates of significant moments in your life in time order. Draw each event next to the date to help you remember it. Finish your life map with the present day. Use this website to help: [Drawing a life map](#)
2. Make a Me-jigsaw: Take a piece of paper and draw a picture of yourself. Don't worry about being great at art, just draw however you wish. When you have finished, cut the picture up into five or six pieces. On the back of each piece write something about yourself identity (for example things you love). This jigsaw is a good reminder about how unique you are, with every bit of you a bit like pieces of a puzzle that only fit together in one way to make you!
3. Exploring your name: What do you know about your name and its meaning? What is its origin? What does it mean to you? How has it impacted your life experiences? Spend some time researching the meaning of your name and talk with your family about why this name was chosen and what it means.
4. Draw a large circle in the middle of a page and five circles around the outside of the first one (so six circles around each other). Now draw a picture of yourself in the centre circle and write about the different aspects of your identity in each of the outer circles, starting with information about your name in the second circle.

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

