



Getting to Know Me: Teacher Information

Learning Objective: To increase self-awareness.

Helping students think positively about themselves can increase their self-esteem, confidence and belief in themselves. It can help to promote a healthy mindset which will, in turn, impact their learning. Consider using the following resource in a small group setting or as a whole class during tutor time. The activities should take between 15-20 minutes.

The first task is for students to complete each of the statements on the sheet. Be aware that some students may feel stuck if they don't know the answers to some of the questions. Ensure that students understand that this is designed to be a fun activity; everyone is different, and no one will have the same answers – which is a good thing. Different answers mean that students can grow and develop as individuals: it's about getting to know themselves.

The second task encourages student to be reflective on something that they're good at and something that they're not. Be sure to link the idea that thinking positively can impact our growth mindset and help to make us better learners. Think about whether you would like to encourage students to talk about their ideas or whether they are best to write them down. It's really important that students remain positive. The intention is not for them to list everything they think they're bad at. It might work best for students to identify small improvements. For example, could they make sure they hand their homework in on-time for a month?

Note

Resources should be reflective of your school's policy on pastoral needs and student support. You should always follow your school procedures for safeguarding and seek further guidance from other members of staff if you are unsure of students' behaviour. It is imperative that you refer those students who need further support.