



*Life Skills
&*

★ *Social Skills*

**Me, My Mind,
My Mood &
More**



EdUThrive Consultancy



INTRODUCING ME

Lesson 1

Me, My Mind, My Mood and More Unit of Work

Lesson 1: Introducing Me

Theme: Knowing Myself – My Likes, Interests, and How I Learn

Target Group: Neurodiverse students (Adaptable across age and ability levels)

Duration: 45–60 minutes

Learning Intentions:

- To explore and express individual identity
- To recognise personal likes/interests
- To identify learning styles
- To celebrate uniqueness in a safe and inclusive environment

Success Criteria:

By the end of the session, students will be able to:

- Share something about themselves
- Identify things they enjoy or are interested in
- Begin to describe how they learn best (Primary and Secondary)
- Appreciate that everyone is different, and that's okay

Lesson Introduction:

Establish group rules and expectations, emphasising that this is a safe space where everyone is encouraged to share their thoughts respectfully.

Share the *Learning Intention* and *Success Criteria*.

Opening Chant (Warm-up)

Note: For Early Years and Primary only (for Secondary, go straight to main discussion).

Teach or chant together as a group:

*"This is me and who I am,
Just you wait and see.
I learn and grow in my own way,
There's no one quite like me."*

Encourage students to say the chant with rhythm, gestures, or visual supports, depending on their individual needs.

Main Discussion (5–10 mins):

Talk About: Getting to Know Ourselves:

Begin by introducing the idea of **"knowing myself."** Ask students, **"What does it mean to know yourself?"**

If students are unsure, guide the discussion by explaining that knowing yourself means understanding things like:

- What you like and don't like
- How you feel in different situations
- What helps you learn
- What makes you unique—such as your eye colour, hair colour, favourite activities, or personality traits

Next, ask: **"Why do you think it's important to know what you like and how you learn?"**

Encourage students to consider how this helps them in school, with friends, or when trying something new.

Remind the group that: **Different is okay.**

Everyone's brain works in its own way—and that's something to celebrate! We all learn, think, and feel differently, and that makes our classroom stronger and more interesting.

If students feel comfortable, invite them to share something about themselves—this could be a favourite colour, hobby, or something that helps them feel calm or happy.

Activity Options: *(Choose based on the age, interests, and developmental needs of your students)*

1. Early Years/Lower Primary

Body Outline Activity

Provide a template or draw around a student's body shape. Students can label and decorate it with features like hair and eye colour, and add simple facts (e.g., "I like ice cream," "I use my hands to draw").

Draw My Brain

Using a brain-shaped template, students draw or paste pictures of things they like or think about often (e.g., pets, favourite food, superheroes).

Interest Collage

Cut and paste images of favourite things. Provide pre-prepared images based on known student interests if needed.

2. Primary:

- **Uniquely Me Mind Map**

Students place their name in the centre and create branches for categories like:

- My Likes
- Things I'm Good At
- How I Learn Best
- People I Love

- **About Me Collage**

Use magazines, drawings, or printed images to create a visual "All About Me" collage.

- **Digital Version (Optional)**

For tech-confident students, create a Canva or PowerPoint presentation titled "All About Me."

- *Support tip:* If students need help, offer a mirror or a photo of themselves, and a simple face template to label features.

3. Secondary (Ages 12+)

- **Identity Web or 'This Is Me' Booklet**

Include sections such as:

- My Interests and Hobbies
- Strengths and Challenges

- My Learning Style
- My Happy Places

- **Reflection Prompts**

Use sentence starters like:

- “I feel calm when...”
- “I learn best when...”
- “Something I wish others knew about me is...”

- **Digital Presentation**

Students can use PowerPoint, Canva, or Sway to create a personal “This Is Me” project.

Conclusion (10 mins):

Invite students to **share one thing about themselves**, only if they feel comfortable. This could be something they created during the activity or something they’ve learned about themselves.

For **Early Years and Primary**, revisit the opening chant together to end the session on a positive and affirming note:

*“This is me and who I am,
Just you wait and see.
I learn and grow in my own way,
There’s no one quite like me.”*

Thank the group for sharing and reinforce the message that **everyone is unique—and that’s something to celebrate**.