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# This is Me

## **Learning Outcomes:**

- Think about or discuss what is good about me – what I am good at, what I like about being me.
- To encourage good self-esteem in your child.

## **Equipment:**

- ‘This is Me’ handout (or use blank paper)
- Pens/pencils/crayons

## **Instructions:**

•Start by chatting with your child about what they are good at, or what they like about themselves. Some children find this difficult, others easy, so be patient, encourage them, and give them ideas if they are having difficulty.

•Using either the ‘This is Me’ handout or a blank sheet of paper, get your child to draw or write what you have discussed – to make a picture of what they like about themselves.

•You can then put this up on the wall somewhere they can see – and refer to it regularly. You can go back to it occasionally and add to it if you or the child wants to.

•This is also really helpful if your child is having a bad day or feeling bad about themselves – you can remind them that actually they are really great – and here’s why!

**National Curriculum:** Primary: Pupils should know the importance of self-respect and how this links to their own happiness.

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