

Self Awareness Activity – Teacher’s Activity Guide

This activity is a “grown-up” alternative to the “Dolly Dizzler” Activity

- Pupils take a piece of A4 paper and fold it in half so that it is now A5 size.
- They then fold the piece of paper in half again, so that it is a long and thin rectangle. (The length being the same width as A4).
- They then fold that piece so that the length of the rectangle is split into three parts. The folded up piece of paper should be close to a square in shape.

- On the two outside squares (the front and the back of the folded-up A4 page) the child writes something about the way they look. This can include any visible difference.

- They then open the paper out.

- On the other side, there are 12 available squares. Invite pupils to write up to twelve things about their inner qualities.
- They can include:
 - Things they like.
 - Activities, both in and out of school, they like to do.
 - Things they are good at.
 - Information about their friends and family.
 - Information about their pet(s).
 - Information about their background.
 - Information about their personality.

In short anything about them which isn’t apparent from the way they look.

It is recommended that children be allowed to keep their fold-up papers, to add or refer to as they want to.