

Narrative (self and identity)



Who is this resource aimed for?

This is a universal resource. This means it is aimed for all children as it is likely to be helpful for children whatever the outcome of their answers on The Hub. It is specifically for children to think about their own narrative (themselves and their identity) and may be particularly beneficial for children who have a low self-perception in themselves

What is self-esteem?

Self-esteem is how you feel about yourself. How you see yourself is influenced by others, your environment and the things you were told/thought about as you grow-up.

In this activity you may work with children that are at key stages of transition; they may be in a new class, new bubble or new school. The purpose is to help children define themselves in a positive way.

Each child says their name with an adjective to describe themselves. The adjective has to be positive such as; clever Claire or sophisticated Simon. The teacher begins this by using an adjective to describe themselves. Develop this with reaffirming other children's names with other children introducing one another in the same vein of using a positive adjective.

Some children may find it more difficult to be able to find adjectives to describe themselves in a positive way. Depending on the age and stage of your group you may wish to use some examples opposite to display or to use as examples.



Bat fact

Bats hang upside down because they can not stand upright

