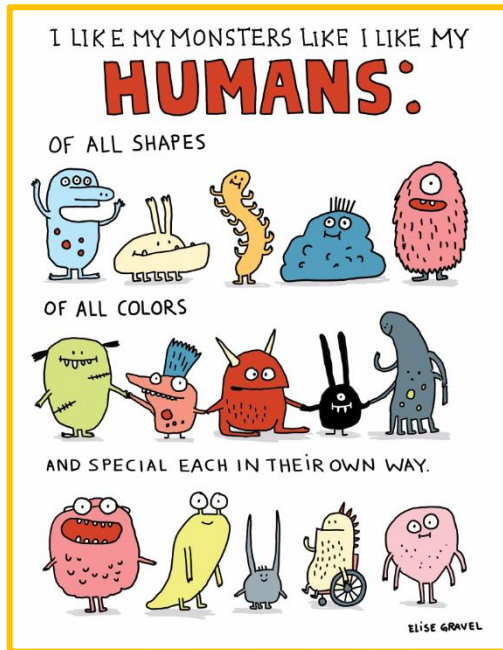


# I am ME, you are YOU activity

This beautiful poster by Elise Gravel can be used to help children think about who they are and who everyone else is too. What do I look like, what am I interested in, what qualities do I have I feel proud about, what would I like to practise and learn to develop in the future. How am I similar to and different from others I know and see around me?

The poster can be found here:

<http://elisegravel.com/en/blog/i-like-my-monsters/>



Thank you Elise



## Activity:

- [1] Look at all the monsters on the poster. Which do you think is most like you? Why?
- [2] What can you tell about the monsters by looking at them?
- [3] Which monsters have things that are the same as each other?
- [4] Can you choose 3 monsters and talk about all the things that are different from each other?
- [5] How can you tell which is the kindest monster? How do you know if someone is kind?
- [6] Each of the monsters finds something really difficult... can you tell what each monster finds tricky? How could you find out? What might they need to help them with the thing they find hard?
- [7] Draw yourself as a monster – what colours are you going to choose and how can you show your qualities on the drawing – things you value about yourself
- [8] Do you know someone who finds something tricky? How do you help them? How could we help them more? What do they need?
- [9] What do you need to help you with hard things? Can you write about it or draw it?