



All about Me

It can be nerve-wracking starting a new school and making new friends. This activity is designed to help children to think about their good qualities and feel more confident in who they are.

Get your child to complete the sheet and complete one yourself.

Discuss what you have both written and see if there are any similarities and differences. Did any of the answers surprise you?

Remind your child that everyone is different, and one of the great things about making new friends is getting to find out about new people. Some of the topics could be great conversation starters with the new children they'll be meeting.

All about Me

Starting a new school and meeting new people can be nerve-wracking. It's important to remember all of the good qualities you have and what makes you special.

Here's a picture of me

Things that make me feel happy

Things that make me feel proud of myself _____

Things that make me feel excited _____

The meal I like most _____

The animal I would like to be _____

Something I like to do with my friends _____

Someone I admire a lot _____

My favourite subject at school _____

I do not like _____

I would like to become _____

The best thing about me _____