

What makes me Special?

Name.....

*Adapted from the International Federation of the Red Cross, 2020

All About Me

Make an animation, short video, or wordle about yourself, using the following ideas:

Where were you born?

When were you born?

Who are the people living in your home?

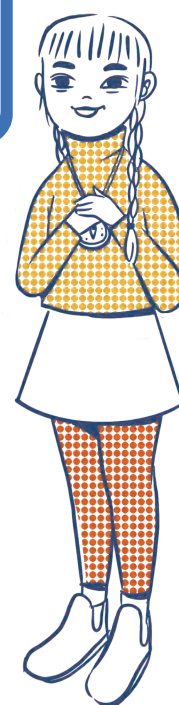
What are your favourite things to do?

What are you most proud of?

What are your dreams for the future?

What is something you have done/can do that makes you unique?

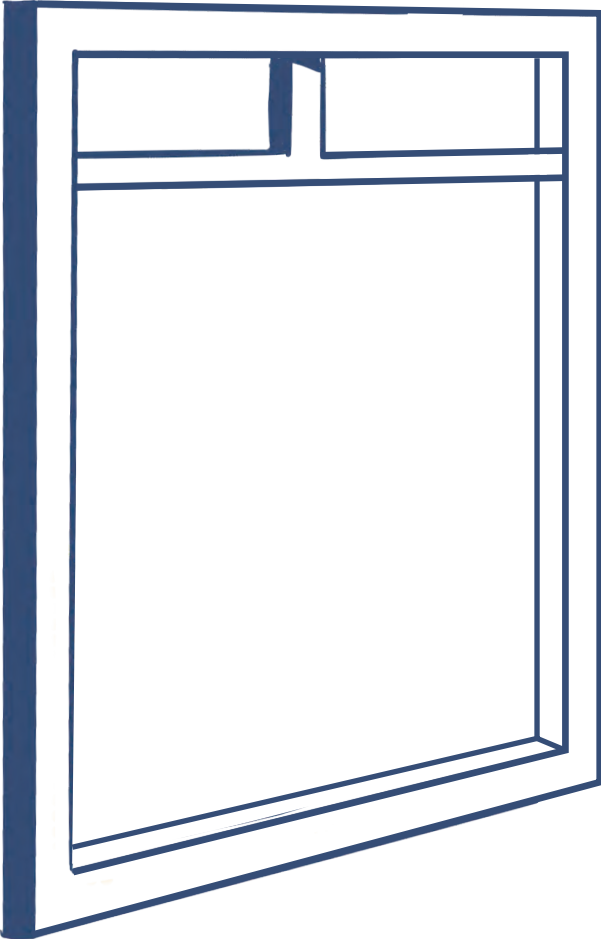
What is something that makes you feel really good? This may be a food, place, activity etc.



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All About Me

Draw a picture of yourself in the window



Selfie

Where were you born?

When were you born?

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Who are the people living in your home?

What are your favourite things to do?

What are you most proud of?

What are your dreams for the future?

What is something you have done/can do that makes you unique?

**What is something that makes you feel really good?
This may be a food, place, activity etc.**

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How do other people see me?

Circle the things you think about yourself.

I am smart

I am kind I am good at sports I am cool

I am serious I am brave I am warm

I like to talk I am quiet

I am strong I am calm I am honest

I follow the rules I care about school I am caring

I am helpful I can be trusted

I am fair I love to explore

I work hard I love to explore

I am loveable I know what I want to do I am nice to everybody

I am a good friend I am nervous I am clever

I manage my emotions I am shy

I am funny



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How do other people see me?

Did you find that activity hard to do?

Sometimes it can be hard to be kind to ourselves.



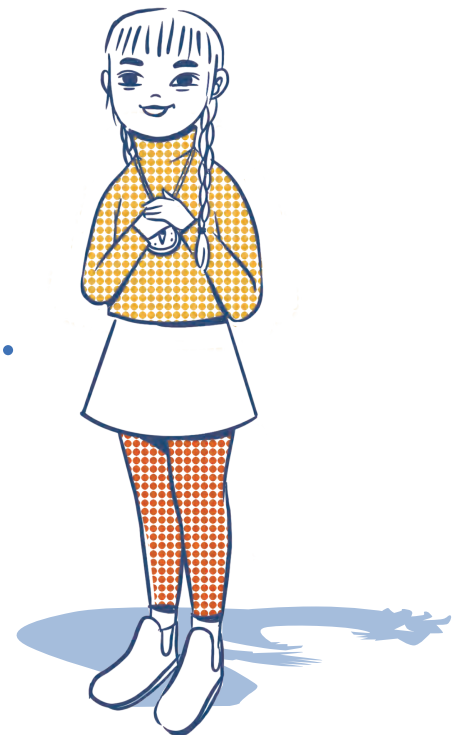
We can say things to ourselves, about ourselves, that are not always true. This is what we call an “inner critic”.

Think of it as a monster that lives in your head and sometimes says mean things to you.

You don't have to listen to the monster in your head though.

Thoughts are not facts.

Being kind to yourself takes practise.



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How do other people see me?

Now, ask your friends and family to write down things they like about you. Compare these things to the ideas you circled about yourself on the previous task.



A grid of eight empty speech bubbles arranged in two columns and four rows, intended for writing feedback from others.

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Remembering that you are Special

Reflect on how you feel about yourself after completing these activities, and talk to a friend or family member about what you have learnt.

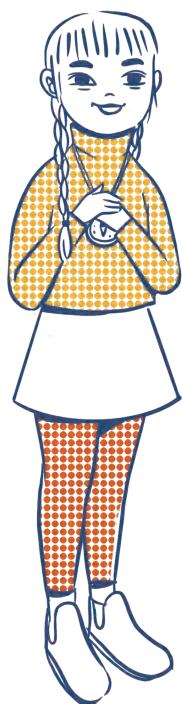
You can look back at this book when you feel sad or stressed.

Add your answers here.

Think about all the things you have done and can do.

How can you remind yourself each day of the things you like about yourself?

How can you make new things to like about yourself?



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Parent/Carer/Sibling Interview

Interview your parent and/or carer or sibling about their own experiences during transition. Add your answers here.



What was starting a new school like?

How did they feel?



How did they make new friends?



How did they work out how to talk about the things they liked/were good at?



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