

KS1 Worksheet: Getting to know me

Included:

- ✓ Activity plan
- ✓ Printable worksheets:
 - worksheet 1 for all pupils
 - worksheet 2 for children working at lower key stage 1 or those with SEND

Guidance for teachers:

Use this “Getting to know me” activity with your primary school class at the start of the school year to help pupils get to know themselves a little better and to set a goal that they would like to work towards. This activity will also help give you a sense of their character.

This task will encourage pupils to think about how they look, their personality, the things they enjoy doing, and who are the important people in their lives. The worksheet finishes with a goal that pupils can set themselves to achieve – or work towards completing - by the end of the school year. Teachers can revisit these goals during the last term. Pupils can either set these goals themselves, work in groups or teachers can ask pupils to work as a class to set a goal for everyone to work towards.

The second worksheet is aimed at pupils who are working in groups or as a class to set an achievable goal. This may be more suitable for pupils working at lower key stage 1 or for children with SEND.

How to use the worksheets

Ask pupils to complete the worksheet they are given by filling in or circling their answers in the boxes provided. Both worksheets ask pupils to draw a picture of themselves.

Here are some cues to guide you for a few of the questions:

- **I enjoy...** (Dancing, singing, playing sports, playing video games, drawing, watching TV, reading, going to the park, playing with friends, swimming, watching films, playing by yourself, being in your bed, spending time with family etc. Second worksheet provides a box for children to draw their answers.)
- **The important people in my life are...** (Mum, dad, step parent, brother, sister, carer, grandparent, cousin, friend, babysitter etc. These are the people who make the pupil feel safe, comfortable, or are the people they go to if they're worried. They may pick this person because they have fun with them, play games, laugh or look up to them. Second worksheet provides a box for children to draw their answers).
- **My goal: I would like to be able to _____ by the end of the year.**

Individual goal: ask pupils to identify goals that they will enjoy working towards; find out what is important to them in their life or what motivates them. Emphasise to pupils that while it's important to work towards a goal, it is also okay if they don't achieve them in the timeframe given. These goals could include: learning to ride a bike, learning to skateboard, making something, learning to play a musical instrument, getting through a book they want to read, going to bed earlier, answering more questions in class etc.

Group goal: asks pupils to work together in a group and think of something that they would all like to be able to do by the end of the year. This could include answering more questions in class, remembering to hang up their coat after break time, learning to play a sport etc. Pupils can draw the goal they've set and label the image.

Class goal: ask pupils to set a goal as a class – what is something that everyone can work towards throughout the year? This may be about being a happy class – ask each pupil to think of a way they can keep the class happy e.g. inviting someone new to play, coming up with games to play at break time, speak to someone they haven't spoken to yet, doing something kind for a member of the class etc. Pupils can draw the goal they've set and label the image.

- **My first step toward this goal is..._____** (Break the goal down into manageable steps to help pupils work towards achieving it. Talk about choosing steps that are realistic. Second worksheet provides a box for children to draw their answers.)

GETTING TO KNOW ME

I am...

happy

helpful

loud

friendly

talkative

active

kind

funny

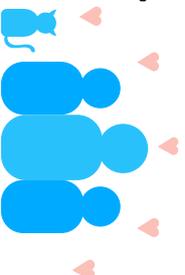
caring

creative

quiet

I enjoy...

**The important
people in my
life are...**



My name is _____

and I am _____

years old

**We would like to be
able to**

**by the end of
the year**

OUR GOAL

**Our first step towards this
goal is**

