

KS2 Worksheet: Getting to know me

Included:

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

Guidance for teachers

Print out the template and ask pupils to write a letter to themselves about their goals and intentions for the year, that they will read back in the summer term and reflect on their progress. Demonstrate the exercise in front of the class. For example:

Dear Miss Thompson,

I know that you are a bit worried about remembering all the names of the pupils in your new class. To help you remember their names and feel more confident you will draw a table plan and write down each pupil's name on the table they usually sit at. You will play some games with your class that will help everyone get to know each other a bit more.

You will also pluck up the courage to learn to swim as an adult. You never learned how to swim when you were a child, but have always wanted to. You will be worried about putting your head underwater, so you will practice by standing in the shallow end of the pool at first – this will make you feel safe and less worried. By the end of the year you will feel really proud because you will be able to swim two lengths of the swimming pool.

The aim of this exercise is to help pupils get to know themselves a little more - to set realistic goals and have aspirations to boost their confidence and self-esteem. Ask pupils what it is that they would like to have achieved by the end of their school year within and outside of school.

Teacher prompts

Cues: When writing their letter, pupils should consider the following questions:

- How will your personality have changed? (put your hand up more in class, be chatty, funny, loud, caring, kind, sit still more, patient, good listener, active, more confident, ask questions etc.)
- What hobbies will you be doing? (listening to music, playing video games, dancing, learning a musical instrument, reading, drawing / making things, playing sports, baking etc)
- What will you have learned about yourself? (how to be a good friend, how to calm yourself if you get angry or feel upset, how to tell an adult if you are worried about something, how to play games with or be kinder to a sibling etc)
- What are the things you will have achieved / can now do within and outside of school? (play a certain sport, have read lots of books, know the words to your favourite song, learn a dance routine, learn a skateboard trick, tie shoe laces, 8 times tables etc).

At the end of the last term, pupils can open the letter they've written to themselves and talk about the following:

- How do you feel reading the letter you wrote to yourself at the start of the school year?
- Reflect on the past year – what have you learned about yourself?
- Were the goals you set yourself realistic?
- What would you do differently if you were starting to set goals again?

Lower KS2 or children with SEND

Ask your pupils to summarise what they want to achieve in pictorial form (include labels) in the box provided e.g. draw themselves putting their hand up in class, on a bike, playing football, playing games with friends, swimming etc. Instead of a letter, ask these children to write a paragraph about the things they would like to achieve by the end of the year.

Introduce a glossary of words that they can work with:

Glossary: goal, achieve, achievement, confidence, determined, motivated, enjoy, brave, personality, persistence.

An alternative option is to make this a class exercise, where the whole class decides what they would like to achieve collectively by the end of the school year.

When they've finished writing, ask all pupils to use the template provided to create an envelope that they can put their letter inside.

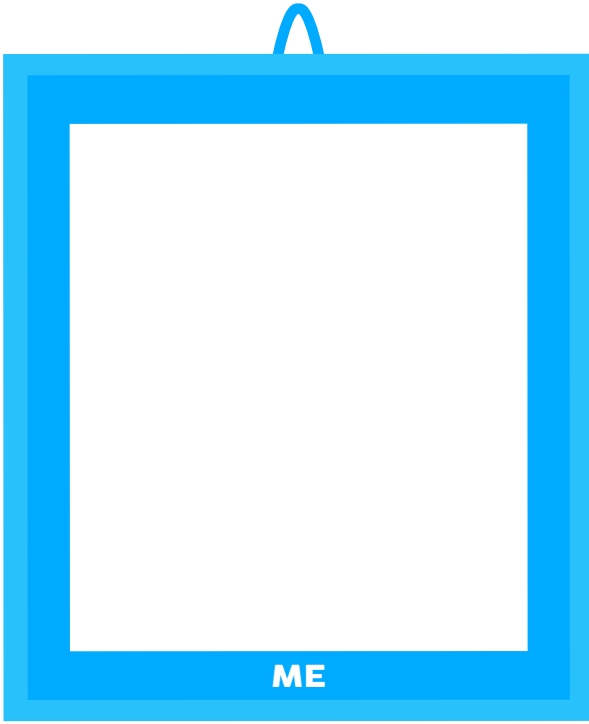
Getting to know me: a letter to myself

Dear _____



From _____

Getting to know me



Glossary:

goal, achieve, brave, confidence, determined, motivated, enjoy, achievement, personality, persistence

Fold - - - -

Cut ————

