

### What makes you “you”? – Discussion activity

This activity is suitable for primary classes and contributes to outcomes within PSHE, PSE, Health and Wellbeing, and Personal Development. This is a particularly good task for the beginning of the school year, although it can be used at any time.

This activity provides opportunities for pupils to get to know their classmates better, to discuss similarities and differences within the class, celebrate what makes them unique and to recognise that appearance is only part of who we are.

#### Time required

- 15 minutes

#### Resources required

- Pens and paper
- Whiteboard

#### Learning outcomes

- Identify similarities and differences within the class
- Explore how much we can tell about someone just by looking at them
- Increase awareness of the impact of judging people on appearance

| Timing   | Activity  |
|----------|---|
| 0-5 min  | <ul style="list-style-type: none"> <li>• Introduce the question – what makes you “you”? – and write it on the whiteboard.</li> <li>• Ask pupils to write an answer to the question on paper. This can be single words rather than full sentences for younger pupils.               <ul style="list-style-type: none"> <li>○ Encourage them to think about things they are good at, things they enjoy, experiences that they have had.</li> <li>○ Pupils may also include information about how they look.</li> </ul> </li> </ul>  |
| 5-15 min | <ul style="list-style-type: none"> <li>• Whole class sharing of what makes them who they are.</li> <li>• Class discussion               <ul style="list-style-type: none"> <li>○ Discuss the similarities and differences within the class.</li> <li>○ Ask pupils whether anything they have learned about their classmates has surprised them.</li> <li>○ Ask pupils to reflect on how much of what makes you “you” is to do with how you look?</li> <li>○ Can you tell much about a person just by looking at them?</li> <li>○ Do we make judgements about people based on how they look? How do you think this makes people feel?</li> </ul> </li> </ul> |