

All About Me

Instructions: Draw a large silhouette of a person. Write the prompts around and inside the outline. Get the young person to write their answers to the prompts– this can be used as a “getting to know you” tool or to promote discussion. More pertinent questions, about anxiety or school, can be mixed in among friendlier topics, such as favourite books.

Ideas for prompt sentences:

- My favourite film
- My favourite TV programme
- What worries me most
- A person I can talk to about my problems
- My best friend
- What I would buy if I had £20
- What I did last weekend
- My favourite subject
- My least favourite subject
- The teacher I get on best with
- Something I’m good at
- What I do when I’m angry
- My favourite band
- What I want to be in the future
- My ideal day

This activity is good for younger children, such as primary age, or for young people who are difficult to engage. It is an ideal activity to break the ice when getting to know a young person who appears anxious and worried about talking. It can diffuse the tension and fear of meeting a new person, and is very “hands-on.”

