

'A book about me'

Objective:

Thinking about ones' life and sharing thoughts (building rapport – getting to know the learner)

Group size:

1:1 or group

Materials:

Paper, pens and pencils, coloured markers, tape, staples, hole punch, magazines or cut out pictures from magazines, Learner log (optional).

Description:

Provide the materials and ask the learner to create '**A book about me**'. Each page should have its own topic and can contain writing, picture, cut and glued images from magazines etc. Anything they like to express who they are.

Suggested page/topic titles could be:

- What I look like
- My family and friends or the important people in my life
- My favourite things – food, books, musician etc.
- Things I do well
- Things I am most proud of
- Things that make me happy / sad
- What I would like to do when I am older, FE/HE and career and work etc

The mentor can help to design the book and offer ideas. Once completed, the mentor can use it to open discussions on any of the topics in the book.