



All About Me book

Why? When we start somewhere new, sometimes we need to share lots of information about ourselves. It can be helpful to have thought about the things that are important to us and that we would like others to know about us all in one place.

Creating a book allows you to include as many pages as you need or want to and to add or take away pages if there are things that change.

This activity can help you to create your own 'All about Me' book for you to introduce yourself to people when starting somewhere new or meeting them for the first time.

You can share all the things that are important to you, remembering to share as much as you feel comfortable to.

An 'All about Me' book works best when it is personalised by you. This could include choosing your favourite colour for the paper or card.

You could add stickers or pictures of things you like... you could even make it in the shape of a flower...

You can draw, write, stick and colour to share what is important to you.

Here are a few good page ideas to include in your book:

- Your name
- What is important to you
- What you are really good at
- Your interests
- What you enjoy doing
- Things that you would like help with
- Things that are important for others to know about you

