

# I Am Me

A young boy with dark hair, wearing a light blue polo shirt and a black and orange backpack, is shown from the chest up. He is smiling slightly and has his right arm raised with his fist clenched, as if celebrating or making a point. The background is a solid light blue.

## PDMU STRANDS: Personal Understanding and Health

### Chatting

Chat with the children about themselves using questions such as:

- When you look in the mirror what do you see? Can you describe yourself? What colour hair do you have? What colour eyes? Do you have any teeth missing?
- Can you describe the things you like to do? Do you like playing football? Watching TV? Singing or dancing? Playing computer games? Climbing?
- Can you think of one word to describe yourself? E.g. happy, sporty, fun, quiet, friendly, kind, gentle?



Read the following story to the children:

## **Just me!**

Emma and Liam's mum drove them to the station to meet Alison. The children were excited – they had never met Alison before. She was a friend who had gone to college with their mum years before. Mum said she was tall with red hair and that she was great fun. That's all they knew.

Standing on the platform they watched all the people stepping off the train. Next thing they heard a big shout 'There you are!' and Mum and Alison hugged each other. They were clearly very happy to see each other. When they had finished hugging, Mum introduced the children. 'This is Emma. She's five. And this is Liam. He's four.' The children shook Alison's hand.

Alison reached into her bag and took out two beautiful books and a bar of chocolate for each of the children. On the way back to the car she was looking at Emma carefully. 'Is she like your mother?' she asked Mum. 'I don't know really,' Mum replied, 'I think she's more like Tom.' Tom was the children's dad. 'No, I think she's more like your mum and your sister, Joan,' Alison insisted.

While the ladies in the front of the car were wondering who she was like, Emma was looking at the pictures in her book in the back and eating her chocolate. Eventually she looked up and said, 'I know who I'm like. I'm like me. Just me!' Everyone laughed and they made their way home.

When you have read the story ask questions such as:

- Why were Emma and Liam at the station?
- What did Alison give them?
- What was the children's dad's name?
- What was Emma eating in the car?

Then ask some deeper questions such as:

1. When did the children's mum and Alison become friends? Did you ever meet any of your parents/guardians old friends? Talk about it.
2. How do you know they were pleased to see each other?
3. Who did Alison think Emma was like? Do

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people ever say you look like someone else?  
Who?

4. Do you think Emma liked it when she was compared to someone else? Why or why not? Do you like it?
5. Do you think 'I'm like me. Just me.' was a good answer? Why or why not?

## **Art**

Distribute the template entitled 'My Wonderful Body'. Invite the children to draw on the template to make it represent themselves.

## **Reflection:**

Ask the children to close their eyes and sit really still. Then read the following:

Think of your favourite thing about yourself. Is it your hair? Is it your eyes? Is it the way you can sing? Or the way you can draw?

God made every one of us to be different and special. He wants us to take care of ourselves and to be good to ourselves.

Thank God for all the wonderful people he made; for your family, your friends, your neighbours, your teachers. Thank God for yourself. Amen.