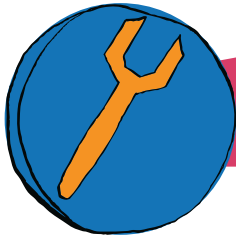


# I'M ONE OF A KIND



## TOOL 2B: 'I'M A STAR'

### LINKED TO:

- Sections 2.1, 2.2, 2.3, 2.4, 2.5, 2.10, 2.11 & 4.9



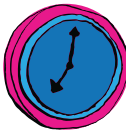
### WHY?

- To find out a bit about individual children: their needs and wishes
- Building rapport
- Identifying strengths and wishes



### WHO WITH?

- This activity can be completed one-on-one, with a parent and child or in groups depending on the individual child and their situation
- This activity can be completed with children from 4 years and up



### TIME?

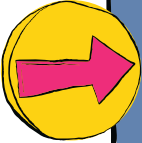
- You'll need at least 20 minutes to complete this activity



### YOU'LL NEED?

- Template (preferably copied onto cardboard)
- Coloured textas, pencils or crayons
- Stickers, stars, coloured wool, sparkles etc for decorating

# I'M ONE OF A KIND



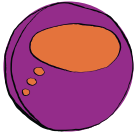
## WHAT TO DO:

- Copy enough copies of the template for all potential participants.
- Explain to the child/ren that every kid is different and that it's these little differences that are special and that make them one of a kind. Ask the children to think about and maybe identify some of the things that make people different from each other.
- Explain that you're going to take a look at some of the things that are important to them and things that make them special.
- Hand out the templates and work your way through each of the questions. Children might choose to write words or draw a picture in each box. Let them know that if they don't want to fill in a space, that's OK – you might leave it blank or come up with some ideas together.
- Have a discussion about some of the key questions and answers. While you're doing this, children might want to continue working on their stars or begin decorating them.
- At the end of the discussion, ask children if they'd be happy with you putting the star up in a communal space or getting them to hang it in their room – you might hole punch the top of the star and hang from the ceiling!



## SOMETHING DIFFERENT?

- For kids who aren't keen on writing or drawing, grab some magazines, scissors and glue sticks and suggest they find words or pictures that describe the answers for them



## TO THINK ABOUT:

- Older children often get fixated with how good their artwork looks (as do some younger children and adults!). Give kids the opportunity to do a draft before beginning.



## HAZARD ZONES:

- Some kids might find it difficult to answer the questions about their strengths: without taking over, gently give them some ideas about things that they might include. Alternatively, maybe get other children or their families to come up with some ideas.

# I'm a star



Draw a picture of yourself

The thing I like  
doing most is...

The thing that's most  
special to me is...

What I want most  
right now is...

My favourite song is...

When I'm feeling sad  
I talk to....

To feel safe I need...

One thing I can do that  
lots of people can't is...

I want adults to  
know that I don't like...