

**THEME 2 MY STORY**

**Learning Intentions:**

- Becoming more aware of how I have changed
- Reviewing how I have changed and stayed the same over the years.
- Recalling my past and create a life story.

**Health and Wellbeing outcomes**

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.

**HWB 2-07a**

<b>'I can' Statements</b>			
<b>First Level</b>	<b>Second Level</b>	<b>BGE</b>	<b>Senior</b>
I can talk about the types of jobs that interest me. I can talk about my strengths, interests and skills and show evidence of my progress.	I can explain to others my ambitions and look for ways to achieve them.	I can identify my interests, strengths and skills and use them to make informed choices.	I can identify and access support networks that will help me into a positive and sustained destination beyond school. I can confidently access and interpret the information I need to make well informed choices about my learning options, pathways and how they relate to future careers.

In preparation, ask pupils to find a few photos or objects that mark key stages in their life. This will help them record the important stages in their journey to becoming who they are now.

In small groups, ask pupils to share their photographs/objects to show how they have changed. Discuss what they say about their journey to who they are now.

Ask pupils to choose one special photo/object that represents a major experience to show and explain this picture to the class.

**Life Story Reflection**

We are going to help you think about your life so far, all that has happened to make you become you, your stages of growing into you.

Q If someone were to write a book about your life, what would the title be?

**Life Story booklet** Fold an A3 paper to give pupils a cover page and seven pages to help them log their life journey, recording the key stages, the big changes, the milestones.

- 1 A3 size of paper - fold in half length ways, matching corners accurately.
- 2 Open out then fold in half breadth ways.
- 3 In half breadth ways, fold each leaf back to the centre fold.
- 4 Folded in half breadth ways, from middle of the fold, cut along fold line into the centre point.
- 5 With the flaps on the table, fold over on itself to make a cross pattern, forming four double sided booklet pages.

## My Story

Q What big changes have happened in your life?

Write your ideas on a white board or notes paper.

Pupils will select seven significant events, which they transfer into the seven pages of the Life Story booklets.

### Prompts

For example, have you always been at this school?,

lived in your current house?,

birth of siblings?

changes in appearance,

have new toys,

first time for...

learn new skills,

like swimming, reading a bicycle etc

joined clubs,

important events, like a house burning down

new pets,

things you have given up

family loss

change in attitude

Ask the class - At what age did you become the person you are now? And what happened then to make you the person you now are, that changed your life. This will generate examples of key life changes.

(*Kairos* is an Ancient Greek term meaning a sudden qualitatively different moment that arises, laden with potential importance for the long-term future, a nonlinear jump, the coming into being of a new state of things, a critical juncture . )

What are the big aspirations/ passions that you have developed through your life story, that you have become good at?

What are the changes in you that other people would notice?

Q What makes you the same person you were years ago?

### Personal Writing

Describe in as much detail as possible **something that happened to you that stands out in your memory.**

List these prompts on the board.

What happened?

When was it?

Where were you?

Who was there?

What did you do?

What were you feeling?

Why was it important?

How did you resolve it?

What happened because of it?

What have you learned from this experience?