

It takes one to know one

Group activity worksheet



Our FREE downloads are regularly described as “amazing” and “awesome”.

If you agree why not consider purchasing our structured KS2, 3 and 4 packs, which are proven to be even more effective?

My World	emotional literacy for KS2
It's OK Being Me	emotional literacy for KS3
Discovering Me	emotional literacy for units outside mainstream education
Empowering Me	emotional literacy for KS4
Insight Series	modular short programmes for KS2, 3 & 4

Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

Available from:

www.vision-works.net

01249 409001

info@vision-works.net

Written by teachers for teachers

It takes one to know one

You will need:

- a piece of paper
- something to write with
- to cover up what is written below the stars at first

The purpose of this activity is to explore qualities that we admire in other people.

Action:

Who in the world is a role model for you:

- someone famous?
- someone in school?
- someone at home?

What is it about this person that you admire?

Write this person's name in the middle of a sheet of paper. Then brainstorm all the qualities you see in this person, not what they have or what they do, but what they are like.

For example, if you think of David Beckham focus on his personal merits such as his kindness, generosity and talent, the way he values his family.

What we first see and notice about people tends to be the outer accessories, such as their clothes/cars/good looks/fame and fortune, but in this activity take the time to identify the more inborn, natural qualities you see.

Focus on all the virtues that make this person a role model for you, and write them around the person's name.

* * * * *

It takes one to know one *continued*

Have you heard the saying, 'It takes one to know one'? Whatever you admire in your role model is because what you see in them is also in you. You wouldn't notice these qualities in someone else if the qualities weren't also in you.

Now substitute your own name in the centre of the brainstorm, as if you have been describing yourself. Talk with a partner about this, and if you wish, tell the class one quality you have discovered about yourself.