

Being unique

We all aim to be inclusive in the early years and we should help children to understand Special Educational Needs and Disabilities which will equip them to be understanding and accepting.

This activity encourages children to say something that they like about themselves and is a good opportunity to support children to see that we are all unique.

Learning aims

- To discuss what makes us unique.

Activity Outline

- With a small group of children start a conversation by saying something about yourself e.g. "I have a purple t-shirt on; purple is my favourite colour"
- Encourage the children to say something about themselves.



Extension ideas

- As the children get confident at this you might extend this further e.g. do you have a member of staff that wears glasses or uses an inhaler?
- Talk about the things you like rather than what you are wearing
- Talk about things that you do not like e.g. "I do not like the dark/bananas" etc.
- Talk about what you like about the person sat next to you. You could start this with just one child e.g. "I like your purple t-shirt; purple is my favourite colour" and see if they can say something that they like about you.