



EduTrend Contents

P4C · IDENTITY AND SELF-UNDERSTANDING · PRIMARY

What Makes Me Me?

A mystery bag of objects starts an enquiry into who we are

Ages 5–7

Level: Foundation

30 minutes

Whole class circle · up
to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

What Makes Me Me?

The facilitator brings a bag of objects belonging to an invented character: a football, a drawing of a cat, a favourite book and a photo of a grandparent. Children guess what the person is like. Then they think about what their own bag would hold. They suggest questions and vote on one, such as “What makes you you?” The enquiry explores likes, looks, memories and relationships.

Learning outcomes

By the end of the session pupils can:

- describe features of a person;
- ask a question about identity;
- give a reason;
- listen to others.

KEY WORDS

me · you · same · different · like · who

CURRICULUM LINKS

PSHE: self-awareness. English: describing people. Art: self-portraits.

1

STIMULUS

Share something to think about

2

THINK

Quiet thinking time

3

QUESTION

Create and choose a question

4

ENQUIRE

Reason together

5

BUILD

Agree, disagree, add

6

REFLECT

Last words

Materials (per class)

- Mystery bag with objects
- Question and thinking-move cards
- Worksheets 1, 2 and 3

Before the session

- Read the stimulus and note possible concepts.
- Prepare question and thinking-move cards.
- Set out a circle so everyone can see each other.
- Print the worksheets.

SAFETY

Children share only what they choose. Nobody has to talk about their family.

ACTIVITY 01 · SESSION PLAN

Step by step

Stay neutral: ask for reasons, examples and counter-examples rather than giving your own view.

Time	What happens	Say or ask
0–5 min Stimulus	Open the mystery character bag.	<i>“What did you notice?”</i>
5–12 min Questions	Pupils create questions in pairs and vote on one.	<i>“Which question is most interesting to talk about?”</i>
12–26 min Enquiry	Enquire into the chosen question, building on each other’s ideas.	<i>“What makes you you?”</i>
26–30 min Last words	Each person says one last thought or passes.	<i>“Has your thinking changed?”</i>

CHALLENGE CARD (print or copy onto the board)

Name one thing that makes you you and say why it matters.

ACTIVITY 01 · FACILITATOR NOTES

The philosophy in brief

Questions about who we are are some of the oldest in philosophy.

Using an invented character lets children think about identity without having to talk about themselves.

Common ideas to listen for

- “You are what you look like.” There is more to a person.
- “Liking things makes you who you are.” Likes can change.
- “Everyone is the same.” Everyone is different.

Adapting the activity

Support

Use picture cards of objects.

Stretch

Ask: if you forgot everything, would you still be you?

WORKSHEET 1

My mystery bag

Name: _____

Class: _____ Date: _____

Draw three things.

My mystery bag

Thing	Why it matters

WORKSHEET 2

Thinking moves

Use these in the enquiry.

Thinking moves

Thinking move	My example
I agree with... because...	
I disagree with... because...	
An example is...	
A counter-example is...	
Building on what... said...	

WORKSHEET 3

Last words

Before and after.

If you liked different things, would you still be you? Before the enquiry I thought... Now I think... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Describes a person	Gives a reason	Listens to others

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

What Makes Me Me? is a sample activity from the EduTrend Contents P4C Identity and Self-Understanding programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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