

# All About Me!

**Know and Understand Yourself** is one of the resilient moves in the **Resilience Framework**.

The **'All About Me!'** questions are meant to get you thinking. There are questions about simple stuff like 'My favourite...' and some that might get you thinking about stuff you don't normally stop to consider. You don't have to think about them all in one go. Choose a few that look interesting or just pick a couple at random.

## Resilient Moves - Core Self

- My favourite food is...
- My funniest joke is...
- My most favourite lesson is...
- The person I would like to get stuck in a lift with is...
- My most special memory is of...
- The best present I could get is...
- The best time of the day for me is...
- My favourite clothes are...
- The best holiday I've had was...
- I love weather when it is...
- My most treasured possession is...
- My favourite DVD is...
- The sport I like to play most is...
- My favourite animal is...
- The best book I have read is...
- My favourite hobby / activity is...
- My favourite piece of music is...
- My lucky number is...
- The pet I would most like to have is...
- I am good at...
- I look like...
- The bravest thing I have ever done is...
- The most exciting thing I have ever done is...
- The hardest thing I have ever done is...
- My favourite time of year is...
- If I could choose to be anyone, I would be...
- If I could change one thing about myself, it would be...
- I am not very good at...
- It is a real treat for me to...
- My best friend is...
- I won a prize for...
- When I need a hug, I go to...
- The best thing about school holidays is...
- The worst thing about being ill is...
- When I am ill, I like to...
- The worst thing that happened to me this year was...
- The best thing that happened to me this year was...
- I don't like having to eat...
- The happiest day of my life was...
- I don't like the sensation of touching...
- My ideal room would be...
- I get cross when...
- I feel lonely sometimes when...
- I feel sad when...
- I feel angry about...
- Sometimes it is hard to keep my temper when...
- If I had three wishes they would be...
- When I am happy I...
- When I am feeling angry, I...
- I get feel embarrassed when...
- It is very irritating when...
- When I feel sad I...
- I feel a little worried about...
- I feel disappointed when...
- I feel frustrated when...
- I feel frightened when...
- I am afraid of...
- Adults say confusing things sometimes like...
- When I am feeling upset I...
- I feel like singing when...
- When I get confused, I...
- I feel different to other people sometimes when...
- When I feel left out of things, I...
- I would like to get a letter from...
- Something I wish I had done but did not was...
- I would like to get a call from...
- I wish I could tell my parents / carers this...
- I would like to spend a day with...
- I like to daydream about...
- If I were a teacher, I would...
- If I were a parent, I would...
- If I ruled the country I would...
- If I could change my life I would...
- If I had a time machine, I would go to a time when...
- One thing I would like to find is...
- If I could change one thing it would be...
- Three things I would change at home are...
- If I had a magic bus, I would...
- Three things I would change at school are...
- The best present to give to someone is...
- If I had a treasure chest, I would put these things in it...
- My New Year's resolution will be...
- The best dream I ever had was...
- If I were a colour, I would be...
- If I were an animal, I would be a...
- If I were a flower, I would be a...
- If I had special powers, I would...
- If I were a musical instrument, I would be a...
- If I were invisible for a day I would...
- Sometimes, when I am at school, I feel...