

**Who am I?
(Identities)**

How do you identify?

What are some words that describe you?

Complete the statement: I am _____

What communities are you and your family a part of?

What are your pronouns?

What place do you call home?

What languages do you speak?

What cultures, races or nations do you identify with?

Are there any disabilities that you identify with?

**What do I love?
(Interests)**

What brings you joy?

What are some of your favourite things/ activities?

What are some things that you do with your family and friends?

What do you wish you could spend more time doing?

What do you want to learn more about?

What do you want to learn how to do?

What would you do if you had a full day off?

What do you like to learn/ read about?

What kinds of shows/ movies/ books do you like?

**What am I good at?
(Strengths)**

What feels easy to you?

What do you know a lot about?

What perspective do you bring to conversations?

What are you really good at?

**How can I help others?
(Strengths)**

What could you teach to someone else?

Why is your family/ class/group so lucky to have you?

How do you help out at home? In other activities?

What do you do that brings other people joy?

**How do I want to grow?
(Stretches)**

What is a goal that you have for yourself?

What do you want to get better at?

What is something you want to learn more about?

What do you wish you could do more of?

What is an area that you need some practice in?

What could you work on now, that will help you in the future?

What do you need support for at school?

What do you wish you could do more of without help?

**What makes it hard for me to grow?
(Needs)**

What makes it hard for you to learn?

What helps you learn best?

What makes it hard for you to pay attention/ focus?

Do you prefer to work alone or in a group?

What makes it hard to get to school/ go to class?

What do you wish was different about school?

What materials/tools do you need in a classroom?

What is important for your teacher to know about you?