

Lecture – 15 Minutes

Person centred tools to identify strengths and develop knowledge of self.



Activity 1 – iMovie

- a) Introduction to the iMovie app – 10 minutes
- b) Create a short video which shows your ‘best side’. Can you interview another person on what they like & admire about you. You could use Skype to record a video call with a friend or family member. You could use your social networks to find images and comments about your strengths, achievements and likes from friends. – 20 min
- c) Sharing & reflections – 15 minutes

Reflections:

- 1) What was it like collecting the material and creating your film? How did it make you feel?
- 2) What was it like sharing your film?
- 3) What are the key differences between reading this information and seeing it and hearing it from others?
- 4) Did you learn anything from what people were saying?
- 5) Did the process cause you to reflect on any parts of your life?
- 6) How easy was this for you to do using tablets?
- 7) How do you think this would work with your students? How could you support someone finding it difficult to create a positive self-image?
- 8) How do you think this could help you to plan for the individualised teaching and learning?