

Communication and Language: Changes and Transitions - Building Understanding

# Composition: “This Is Me” (autobiography)

## Worksheet

Rae



**OAK**  
NATIONAL  
ACADEMY

# Autobiography

This resource pack supports teachers, parents and carers in building a “this is me” package in the form of a book, bag or box of items and pictures which are chosen by the child.

Imagine the contents of your ‘weekend bag’ and what it could tell the world about you, your preferences and favourite things!



# For this lesson you will need

- Recommended, but not required:
  - Relevant symbols & signs for key words and to choose from...  
and for key questioning words:  
“where”, “show”, “choose”, “find”
- Autobiographical materials from your home or classroom (chosen with or by your child)



# Getting ready

- Reduce distractions within the room (turn off anything that creates light or sound)
- Prepare your child to be 'ready for learning' - this may require a run around outside first, a snack, or an opportunity to re-position and settle into a comfy chair
- Create interest by sharing and exploring props/resources
- Show them you're excited for the lesson! Build curiosity and anticipation!



# Step One - decide with your child HOW to compose your autobiography

- Will you use a book of pictures and/or symbols which the child chooses?
- Will you use a bag or a box of meaningful objects that the child selects?



# Step Two - choose your categories

- Decide with your child what 'categories' for pages will be the most meaningful for your child.

FOOD

PETS

TOYS

MUSIC

TELEVISION

ACTIVITIES

SPORTS

HOLIDAYS



## Step Three - questions and choosing

Guide with one or two word instructions: “find toy”, “choose snack”, “which?”, “[object] in” etc.

OR

Choosing from a selection of real items or photos/symbols: if you know the child well, you may be able to choose a selection of two, or four, or more objects/symbols/photos from which your child can pick their favourite.



## Step Four - share

Photograph their choices and stick them in a book or a digital folder, or collect items in a bag or a box to reflect on later, or show other people.

The critical part of the 'autobiography' is that this is shared with others!

Why not invite family and friends to explore the autobiography and ask the child to choose people to share it with!



# Communication and Language

## Changes and Transitions Unit 2: Lesson 4

Composition: “This is Me” (autobiography)

### Make it easier

Repetition, repetition, repetition. Drama! Use big, dramatic pauses and silences to build anticipation.

Use single word prompt and be sparing in your questioning.

Offer selections of two for your child to choose from.

### Make it harder

Prompt with two word instructions and encourage the child to seek out an item independently, from a wider selection. Ask them to articulate their choices to another person using one or two words together.

### More ideas

Apply this method of composition to other topics, like “my holiday” or “at the shops”, encouraging the child to recall recent events.

