

# Relationship Skills



SCHOOL MENTAL HEALTH-ASSIST  
ÉQUIPE D'APPUI POUR LA SANTÉ  
MENTALE DANS LES ÉCOLES

## THAT'S ME

Purpose	Group activity to help identify similarities with others and improve group cohesion in the classroom.		
Division	Intermediate		
Time Required	10 minutes		
Materials	Pre-made statements		
Instructions	<ol style="list-style-type: none"> <li>1. In a circle, one person starts with a statement about themselves – something that they like to eat, their favourite hobby, TV show, book, etc.</li> <li>2. If the statement is true for someone else, they stand up and say: "That's me!"</li> <li>3. The person to the right of the first statement speaker goes next, sharing a statement about themselves and an action that goes with it. If the statement is true for someone else, they stand up and say: "That's me!"</li> <li>4. Continue around the circle until everyone has the opportunity to participate and share a statement.</li> <li>5. Debrief after the exercise: Did you learn something new about your classmates? How did it feel to be standing at the same time as others? What about standing alone or only with a few students? Sometimes we like to be a part of a group but there is always value to being unique.</li> </ol>		
Supplementary Resources	<p>I like to eat pizza</p> <p>I would eat a worm for \$1 million</p> <p>I have a pet</p>	<p>My favourite colour is blue</p> <p>I'm the youngest of my family</p> <p>I want to have a superpower</p>	<p>I'm an only child</p> <p>I like spicy food</p> <p>I can speak a different language</p>

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Adaptations	<p>Students can make suggestions for the next activity. Educator must review statements prior to the activity to ensure appropriateness.</p> <p>*In the unlikely event of a disclosure, be aware of your internal process to access services for the student.</p>
Evidence	<p>Students are naturally motivated to understand, and engage with those who they perceive to be like them (McLoughlin &amp; Over, 2017). Drawing attention to the similarities between those of different friendship groups, races or cultures mitigates this tendency by explicitly modeling inclusion (Qian et al., 2017).</p>
References	<p>McLoughlin, N., &amp; Over, H. (2017). Young Children Are More Likely to Spontaneously Attribute Mental States to Members of Their Own Group. <i>Psychological Science</i>, 28(10), 1503-1509. doi:10.1177/0956797617710724</p> <p>Qian, M. K., Quinn, P. C., Heyman, G. D., Pascalis, O., Fu, G., &amp; Lee, K. (2017). A Long-Term Effect of Perceptual Individuation Training on Reducing Implicit Racial Bias in Preschool Children. <i>Child Development</i>, n/a-n/a. doi:10.1111/cdev.12971</p>