

All About Me Poster



Crafts

Connect^{ABILITY}.ca

WHAT MAKES IT MEANINGFUL

An All About Me Poster allows participants to share personal interests, achievements, and aspects of their identity. This activity promotes self-expression, reflection, and creativity while supporting fine motor skills, organization, and literacy. Displaying or sharing posters fosters social interaction, builds confidence, and helps participants feel valued. The finished poster creates a tangible representation of individuality that can be revisited or displayed proudly.

TIME

- 45–90 minutes

MATERIALS

- Large poster board or construction paper
- Markers, coloured pencils, or crayons
- Magazines, printed images, or clipart for cutting and pasting
- Scissors (safety scissors if needed)
- Glue sticks or glue dots
- Stickers, stamps, or other decorative materials
- Photos of participant, family, pets, or hobbies (optional)



Activity Title

INSTRUCTIONS

1. Choose a volunteer project appropriate for participants' abilities (animal shelter, hospital, food bank, etc.). Provide all materials at a central table or individual stations.
2. Explain the purpose: to create a visual representation of themselves, their interests, and important aspects of their life.
3. Encourage participants to:
 - Write or dictate key information (name, favourite activities, hobbies, pets, dreams)
 - Cut and paste images or drawings that represent their personality and interests
 - Decorate the poster with colours, stickers, or borders
 - Share their poster with the group if they feel comfortable

RESOURCES

- <https://www.twinkl.ca/blog/all-about-me-poster-ideas>

Activity Title

SUPPORTS NEEDED

- Assistance with writing, cutting, or gluing for participants with fine motor or literacy challenges
- Guidance in selecting images, words, or layout ideas
- Visual step-by-step instructions to support sequencing
- Encouragement and positive reinforcement to boost confidence
- Help with decorating if participants need additional support

OTHER THINGS TO NOTE

- Can be adapted for individual or small-group creation.
- Themes can include family, hobbies, favourite colours, goals, or personal achievements.
- Flexibility is key: some participants may focus on writing, others on drawing or decorating.
- Posters can be kept as personal keepsakes, displayed in a classroom or center, or shared with family.
- Supports social connection by allowing participants to learn about each other through their posters.