

UNIT 1:
Personal Standards and Identity



Activity 1: How well do we know each other?

Part 1

One at a time, share something about yourself that you feel is unique to you. If anyone else shares that trait, you both must sit down.

For example, if I say "I am a female", anyone else who shares that trait (the other females) and myself must all sit down. The goal is to be the last one standing.

Part 2

One at a time, share something about yourself that you feel others have in common with you. If others do have that in common, they have to sit down. The goal is to have the most amount of people sit down.

Activity 1: How well do we know each other?

Was it easier to come up with statements that were unique or statements you had in common with others?

Activity #2:

1. Make two circles, one on the inside, and one on the outside.
2. The inside circle should be facing out and the outside circle should be facing in. Move yourself accordingly so you are facing a partner.





*Be yourself.
Everyone else is
already taken.*

-Oscar Wilde-



Be who you are
And say what you feel
Because those
who mind don't
Matter
And those who
Matter
Don't Mind.
Dr. Seuss



LIFE
ISN'T ABOUT
FINDING
YOURSELF
IT'S ABOUT
CREATING
YOURSELF

George Bernard Shaw

Lesson 1-Identity

What does the word **identity** mean to you?

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identity: the set of qualities and beliefs that make one person or group different from others

-Merriam-Webster Dictionary

Identity answers the question: "Who are you?"

I looked up the definition above in the dictionary. My identity is what I would find if I looked up "Keisha Padayachee" in the dictionary.

My Identity Chart:

Made by Others:

Made by Me:



Lesson 1-Identity

Can our identities change?

Can our identities change?

Yes! Our identity is never final! It continues to develop through our lives. My identity chart when I was your age would look very different than it does now.

Lesson 1-Identity

Should we choose our identities? Or should we adopt the values of our parents, peers and society?

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Identity is related to the basic values that influence the choices we make. These choices reflect who we are and what we value.

It's important for us to choose our own identities. They can be developed indirectly from others, but others' values may not align with our true self and may interfere with us creating our own identity.



Listen to the story, "The Bear Who Wasn't"

 <https://www.youtube.com/watch?v=mt106ojXPYE>

As you listen, try to fill out the identity chart for the bear. What did others decide the bear's identity was and what did the bear himself decide?

The Bear's Identity Chart:

Made by Others:

Made by Himself:

Lesson 1-Identity

1. Why did it become more and more difficult for the bear to maintain his identity?
2. Are there people in your life that have a greater effect on what you think about your own identity? Why is this?

My Identity Chart

You are going to create your own identity chart. We will continually add to it throughout this unit and the year!

Pick any color of paper (regular size so we can put it in our duo tang) and write your name in the middle!