

Who Am I?

Who are you? How would you describe yourself?
Complete each sentence below.

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Who Am I? - Instructor

Youth should complete this activity in silence and attempt to finish each sentence in a different way. Encourage them to use descriptor words, characteristics, and/or words that describe their identity. The point of this activity is to explore self-concept, self-esteem, and identity. The repetition encourages them to think past the surface level.

For Example:

I am 16

I am tall

I am creative

I am a feminist

I am a survivor

This activity can be completed in many different contexts, but has best results when facilitated in smaller group settings and when the facilitator participates as well.

Questions for post-reflection (can be completed individually or be shared with the group):

Which answer are you most proud of?

Which answer surprised you the most?

Which answer would surprise other people the most?

Which answer would not have been there a year ago?