

Who am I?

Identity Lesson

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Teacher Instructions:

Print out these as a packet for students to incorporate in an identity unit. Use informational sheets to spur class discussion, and then complete chart activity, having students find others who match their squares. Complete response to group activity, and then have students reflect on themselves by completing worksheet and acrostic poem.



Everyone is different. We all have traits that makes us different from one another. We also have things in common.

Sometimes, we don't realize what things we have in common with other people. Everything about us makes us special.



If we can recognize traits that we share with our friends, and also things that make us different, it will help us understand who we are and who we want to be. This is what helps us decide what to do for the rest of our lives.





What is your...?

Put an "X" through each square when you find someone in the class that matches you. If you do not find anyone, leave it blank. We will discuss at the end.

Same color hair	Same color eyes	Likes same color	Likes same book
Likes same movie	Likes same sport	Have same friend	Have same pets
Likes same food	Likes same music	Same favorite vacation	Likes same dessert
Same color shirt	Likes same game	Likes same subject	Same favorite singer

What is your...? Response

Did you find matches for all of your squares? _____

Did you have more than one thing in common with anyone? _____

Which ones? _____

Did you have any squares that did not have a match? _____

Did anyone surprise you with their answer? Who? Why?

Same color hair	Same color eyes	likes same color	likes same book
likes same movie	likes same sport	Have same friend	Have same pets
likes same food	likes same music	Same favorite vacation	likes same dessert
Same color shirt	likes same game	likes same subject	Same favorite singer



Who am I?



Now that you have an understanding of what things you have in common with your classmates, and what things make you different, try to come up with things that are important to you so you can decide who you are.

Who am I?



One thing that is important to me:

Something that makes me happy:

Something that makes me sad:

One thing I want to change:

One thing that makes me feel good about myself:

One quality I like about myself:

One quality I don't like about myself:

Aerostic Poem

What is an aerostic poem?

A poem that, when you take the first letter of each word, forms another word. All words are related to the main word.

F – Flying
A – Always going
S – Swiftly
T – ‘Til the end

See how all of the words after the dashes relate to the word “FAST” and start with the letters of “FAST”.



Who am I?

Write out each letter of your name, and
then find a word that matches you.

Example: Brittany

B – Beautiful

R – Real

I – Innovative

T – Terrific

T – Trying

A – Asking questions

N – Never giving up

Y – Young



Who am I?

Write out each letter of your name, and
then find a word that matches you.

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