

Session Two-Identity

I. Activity- Imagine you are an animal. What kind of animal would you be? Why? Write down privately why you chose that particular animal.

II. Now imagine you are a kind of food. What kind? Why? Write down privately why you chose that particular food.

- a. Take some time to answer the questions and write down brief answers.
- b. Share some of your answers with the group.
- c. This helps you look at yourself in different terms and hopefully gain some new self-awareness.
- d. Ask the group as a whole: What animal or food would the group be? Why?

III. Think of a time when you remember feeling good and happy. Write down the memory. Now think of a time when you felt bad or sad. Write down the memory. These memories will help you with the next activity.

IV. Make a Timeline of your life:

- a. On the Vertical Axis write scale 0 for a sad or bad event (at bottom) 10 for a good or happy event (at top)
- b. On the Horizontal axis write-Year from birth until present (only write the years where you have chosen a particular event)
- c. For example: Tabitha was born in 1983 which was a happy event. In 1988 she had her first day of school which was kind of hard for her but she was excited. In 1992 her parents got divorced and she was very sad. In 2005 she fell in love, and felt very happy.

V. Open attached document for visual of the timeline.

- a. Choose seven to ten important events over the course of your lifetime that represent times when you felt bad, sad, mad, or happy. These events should take place at different times in your life.
- b. Then place these important or significant moments on the timeline (no less than seven and no more than ten) in chronological order.
- c. Use colored paper, markers, magazines, cut out shapes, make the timeline colorful and creative to visually depict your choices. For example: When you were born maybe put a drawing at the top of the line of a baby.

VI. Share your timelines with the group. Then use the questions below to start a discussion about how the past helps shape your current identity.

- a. How are the moments you chose important to you? Why?
- b. Have these moments helped shape who you are today? In what ways?
- c. How have the choices you made influenced those events? And how have the choices other people made influenced those events?

VII. Make a group timeline. Use the same process as above but do it as a group.

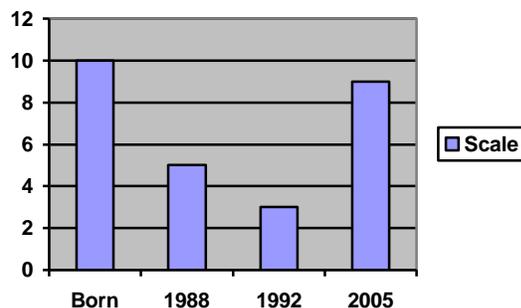
- a. Choose moments that represent the ups and downs of the group since they started. Look at the overall identity of the group over time.
- b. Share this online or share some of the individual's timelines online.

Suggested materials needed:

- a. Colored paper
- b. Markers
- c. Magazines
- d. Scissors, glue, tape
- e. Rulers
- f. Pencils
- g. Paper

Identity
Background/Support for Teacher
Session II

- I. Activity- Imagine you are an animal. What kind of animal would you be? Why? Write down privately why you chose that particular animal.
- II. Now imagine you are a kind of food. What kind? Why? Write down privately why you chose that particular food.
 - a. Take some time to answer the questions and write down brief answers.
 - b. Share some of your answers with the group.
 - c. This helps you look at yourself in different terms and hopefully gain some new self-awareness.
 - d. Ask the group as a whole: What animal or food would the group be? Why?
- III. Think of a time when you remember feeling good and happy. Write down the memory. Now think of a time when you felt bad or sad. Write down the memory. These memories will help you with the next activity.
- IV. Make a Timeline of your life:
 - a. On the Vertical Axis write scale 0 for a sad or bad event(at bottom) 10 for a good or happy event(at top)
 - b. On the Horizontal axis write-Year from birth until present(only write the years where you have chosen a particular event)
 - c. For example: Tabitha was born in 1983 which was a happy event. In 1988 she had her first day of school which was kind of hard for her but she was excited. In 1992 her parents got divorced and she was very sad. In 2005 she fell in love, and felt very happy.



- V.
 - a. Choose seven to ten important events over the course of your lifetime that represent times when you felt bad, sad, mad, or happy. These events should take place at different times in your life.

- b. Then place these important or significant moments on the timeline (no less than seven and no more than ten) in chronological order.
 - c. Use colored paper, markers, magazines, cut out shapes, make the timeline colorful and creative to visually depict your choices. For example: When you were born maybe put a drawing at the top of the line of a baby.
- VI. Share your timelines with the group. Then use the questions below to start a discussion about how the past helps shape your current identity.
 - a. How are the moments you chose important to you? Why?
 - b. Have these moments helped shape who you are today? In what ways?
 - c. How have the choices you made influenced those events? And how have the choices other people made influenced those events?
- VII. Make a group timeline. Use the same process as above but do it as a group.
 - a. Choose moments that represent the ups and downs of the group since they started. Look at the overall identity of the group over time.
 - b. Share this online or share some of the individual's timelines online.

Suggested materials needed:

- a. Colored paper
- b. Markers
- c. Magazines
- d. Scissors, glue, tape
- e. Rulers
- f. Pencils
- g. Paper