

Who Are You?

Who are you? Do you ever stop to ask yourself that question? Are you a brother or a sister? Are you a student first and a Subway worker second? Are you tall? Are you a ball player? A chess player? A hard worker? An artist? A thespian? An extrovert? A liar? A bad person? A great person? Are you religious? Are you a scholar? Is it because you want to be or do your parents make you? Does it matter?

For this activity you are going to begin to explore some of the layers of who you are. Follow the steps provided below.

Step 1:

Divide the sheet provided in half 4 times until you have 16 equal squares. Unfold the paper and cut each of these squares out.

Step 2:

On the table below write a word down for each characteristic describing yourself (this is only for you and no one else, sharing is optional).

On each square write one of the details about yourself. Check the box to indicate whether it was your choice or chosen for you.

Characteristic	Your Choice	Chosen For You
Demographics (Answer all of these)		
First Name:		
Last Name:		
Gender:		
Sex:		
Sexuality:		
Race/Ethnicity:		
Religion:		
City you are from ¹ :		
Family Dynamic ² :		
Other:		
What Do You Do? (Answer as many of these as are applicable)		
Culture ³ you belong to:		
Another culture you belong to:		
Sport ⁴ :		
Hobby:		
Something you are good at:		
A skill you have:		
Play an Instrument:		
A fine art:		
Job:		

¹ Raised in for most of your life especially teenage years

² Traditional, non-traditional, extended, etc...

³ A culture is any characteristic like food, music, language, hobbies, etc... that you share with other people: gaming culture, goth, vegan, tattoo, Anime, etc...

⁴ A sport you play, enjoy, good at, on a team, etc... (let's put video games in the hobby category for now)

Other:		
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Characteristic	Your Choice	Chosen For You
Internal characteristics/<u>How you see yourself</u> (Answer all of these)		
Positive Characteristic 1:		
Positive Characteristic 2:		
Undesired ⁵ Characteristic 1:		
Undesired Characteristic 2:		
Other:		
External characteristics/<u>What others see in you or say about you</u> (Answer all of these)		
Positive Characteristic 1:		
Positive Characteristic 2:		
Undesired Characteristic 1:		
Undesired Characteristic 2:		
Other:		

Step 3:

Choose 16 characteristics from this table and write each on a piece of paper you created earlier.

Step 4:

Rank the 16 traits from most important to least important below.

1st		5th		9th		13th	
2nd		6th		10th		14th	
3rd		7th		11th		15th	
4th		8th		12th		16th	

Step 5:

⁵ Think of undesired as something you want to improve about yourself

Stack your pieces of paper so that the one that is least important is on top and the most important one is on the bottom. Complete the activity like this: 3-5 students share their least important piece of paper; everyone balls it up and they throw it into the trash can. Repeat that round until you get to the last 3. Sharing is optional. Throw away the 3rd most important. Students can keep the last 2 (most important pieces).

Step 6:

Answer the questions below.

1. Was it hard to throw any of the parts of you away? If so, which ones? Why do you think it was hard?
2. Is there something in the demographics you feel you should have control over but you don't? Explain.
3. Is there a big difference between how you see yourself and how others see you? Why? Explain.
4. Did you have any difficulty specifying whether your internal and external positive and negative characteristics were out of your control or not? Can you control how others view you? Explain.
5. Do you believe families can be cursed? Is your family cursed? Explain your answer.

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Step 7:

Homework: Bring 3 items to class that represent who you are. Do not tell anyone what your items are or what you plan to bring. Put them in the bag provided and place them in the spot designated by the teacher. (If you cannot be without an item for a few days, we can take a picture of it.)