



## Who Am I?

### Target Audience: 3-5<sup>th</sup> Grade

**Description:** This curriculum is designed to introduce older students to the idea of identity and self through several hands on activities dealing with topics such as interests/hobbies, careers, goals and values.

**Format:** Each session is designed to last one hour.

**Session 1:** Students will explore their physical and emotional identity by creating a life size poster of themselves, and adding clothing, hair and culturally correct skin colors.

**Session 2:** Students will continue their life size poster by adding fingerprints and a coat of arms exploring their interests, hobbies and favorite things.

**Session 3:** Students will look more in-depth at the concept of temperaments and discover their own through a quiz. The entire group will then separate into different temperaments in order to graph the results.

**Session 4:** Students will learn about various career paths and the kind of background needed for those careers. The second half of the session, students will play a career trivia game.

**Session 5:** Students will set realistic goals for themselves by creating a “goal collage” coinciding with school, home, sports or the future. Students will also play a version of the game of “Life,” where each student will discover what happens when goals are and are not met in our lives.

**Session 6:** Students will learn about the concept of “values” and how those values are integral parts of our everyday lives. They will also create a value wheel about their own personal values, as well as take their turn on a life size values continuum where the group will become more familiar with who they are.

The “Who Am I?” curriculum can be borrowed for one month.