



# Who Am I?

**Provided by:**

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Information	Program Description
3rd-5th Grade	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.
Curriculum Format	Each lesson can be presented in 45-60 minutes.  Teaching Guide with complete instructions is provided.  Teaching Kit with materials needed to present lessons is provided. User may need to provide standard classroom supplies (pencils, scissors, glue). If a lesson requires perishable items (e.g. milk), user is responsible for these purchases.

Lesson	Overview
One: I am Unique—Part One	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.
Two: I am Unique—Part Two	Students will continue their life size poster by adding fingerprints and a coat of arms exploring their interests, hobbies and favorite things.
Three: My Temperament	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.
Four: What Kind of Job Do I Want?	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.
Five: Setting Goals for Myself	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.
Six: My Values	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.

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