



ACTIVITY: 'WHO AM I?'

TIME: 20+ minutes

SIZE: Large groups/whole of class

SPACE: Clear room to mingle in

RESOURCES: Famous Identity Cards 1, 2, & 3 (pp.79–81 or SenseAbility CD); safety pins/sticky tape; hat/bucket

The aim is for students to think about their good qualities.

The result should be an appreciation that thinking positively about yourself is a valuable behaviour that can be learned and/or strengthened.

1. Place the separated Famous Identity Cards in a hat or bucket.
2. Stick or pin one card on each student in a place where the student cannot see the name on the card they wear (e.g. pinned between the shoulder blades, stuck to their forehead).
3. Students must try to work out the name on their card by questioning other students. However, there are rules to the questions and answers. Students can only answer 'yes' or 'no' to any question except one: 'How am I like (student's own name)?' In other words, Jessica Smith, wearing the name card Michelangelo, can ask the question: 'How am I like Jessica Smith?' to which her fellow students might answer: 'You are both artistic.'
4. Allow 5 to 10 minutes for students to mingle and question one another. If students guess the name on the card they wear, tell them to keep the answer to themselves for the moment.
5. When the time is up, have students form a large circle and one-by-one offer their best guess about the name on the card they are wearing. If they guess correctly, applaud!
6. If time permits, allow each person to look at their card and then come up with three ways in which they themselves think they are like the person on their card.



DISCUSSION SUGGESTIONS

- Were you surprised to learn the name on your card? Why?
- How difficult or easy was it to think of yourself in terms of someone famous? Why was that?
- Was it easier or harder to answer questions from other students than to work out your own identity? Why is it often easier to see qualities in other people than it is to see them in ourselves?
- What answers from other students surprised you? Why was that? How did those answers affect your Sense of Self-worth?
- Did you learn anything new about yourself – or about the way that others regard you – from the activity? What did that new knowledge make you think and feel?
- What are some strategies for bringing these positive thinking skills you used today into your day-to-day life? What are some circumstances in which thinking positively about yourself might be a real benefit?