



GRADES

6-12



LIFE SKILLS

- self awareness
- communication
- character



TIME

10-15 mins



Exploring My Identity

A Life Skills Lesson Plan Kit

- No-Prep Lesson Plan
- Classroom Poster
- Mini Worksheet



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LEVEL UP

Have students fill out the mini sheets again, but this time, have them fill it out as if it's 10 or 20 years in the future. How does this change?

Exploring My Identity



This lesson on self identity will help students figure out who they are and who they want to be.

1 Introduce

DISCUSS Write "Identity" on board. Think about the word identity. What does this word mean to you? Why is knowing who you are important?

REMEMBER Knowing who you are can improve your overall well-being and self-confidence. Think of someone you admire who has a strong sense of their identity.

SHOW Look at the word cloud, highlighting different traits. What three words would you choose to describe yourself?

ASK How do character traits make up part of someone's identity? Can a person change depending on who they are with? Think about how you act in front of adults vs. your friends. Or think about how people look on social media vs. real life.

SUMMARIZE Today we will think about our identity, how we are perceived by others, and how we perceive ourselves.

2 Explore

OVERVIEW Let's take some time to think about how we view ourselves and how others might view us. It doesn't always align, right? We'll also fill out these mini worksheets.

SHOW See how there are two columns on the worksheet? On the left, you're going to write down words or phrases that you think describe who you are. Then on the right, you'll write down words or phrases of how you think the world sees you. Then answer the question, "What do you wish people knew about you?" (Give a personal example for the class, either on the board or just talking out loud.)

DISCUSS In partners or small groups, take turns sharing the answer to the question on the bottom. What do you wish people knew about you? This is an opportunity for you to learn something new about others and share something about yourself.

SHARE Do you think people see you in the same way that you do? Why or why not?

3 Reflect

REVIEW How we self identity and how other people see us can be different. It's worth thinking about how we present ourselves because it can impact our future. It's also important we give ourselves grace and understanding as we figure out who we are.

DEBRIEF Think about how self identity changes over time. Also look at how someone presents themselves on social media vs. real life.

QUESTION What questions are there?

EXIT TICKET Think about the traits you want to highlight in yourself going forward. Maybe you already have them or maybe you're working on them. How are you doing to do this?



UNIQUE **SPIRITUAL** **BRAVE**
WITTY **CHEERFUL**
FRIENDLY **FAIR** **CURIOUS** **ATHLETIC**
GENEROUS **KIND** **DARING** **PATIENT**
OPEN-MINDED **LOYAL** **LOVING**
FUNNY **SINCERE** **SHY** **CALM**
SMART **HELPFUL** **FUN**
WARM **DETERMINED** **AMBITIOUS**
TALKATIVE **STRONG** **POSITIVE**
PERSISTENT **THOUGHTFUL**

Exploring My Identity

Printable Mini Worksheets



Exploring My Identify

How I See Me:

How the World might sees me:

Exploring My Identify

How I See Me:

How the World might sees me:

I wish people knew this about me:

I wish people knew this about me: