Lesson Name:

Determining Your Identity

Student Objectives:

- Students will be able to define identity.

- Students will be able to determine their identities.

Educator Preparation:

- Notebook paper, journal, or notes section on your phone.

- Writing utensils for the journal.

Introduction:

Today we are going to learn about giving ourselves the eyes of our identity. Identity is a core and unavoidable part of our lives. Our actions shape our identity and identity shapes our actions. Trying to pretend that identity doesn't matter may make you feel better about yourself, but it's not going to affect how others see you and how they perceive you. Throughout the day, we encounter endless different identities. That might not make sense to you now, but throughout this mini-lesson you will understand what I am talking about.

Instruction:

First I am going to walk you through my many identities that I have within a day. I start my day by becoming a riser. From there, I make my way to my kitchen to make coffee where I become a barista. I then transition to a couch potato while I drink my coffee and check my newsfeed. After that I am a house cleaner, then an errand runner.

When my husband gets home from work my identity shifts to a wife, and then a sound board and therapist for him about his day. In the evening I turn into a chef as I cook dinner for my family.

It is normal to find yourself having many different identities throughout a day. This shows that you are taking on roles and expanding yourself as a human. This will give you the opportunity to reflect on your identities and whether or not you are proud of the identities you hold.

Closure:

The purpose of this to be more aware of who we are throughout the day.

Activity:

Make a list, for just one day. It is very important to be very honest with yourself at this moment. You can't bring awareness to yourself and your identity if you're not being truthful with yourself. Make a list of all of your identities throughout a day.