



IDENTITY 1. KNOWING YOURSELF

Getting to know yourself is important to have the best life possible. If you know your strengths and weaknesses, it will be easier for you to identify where to excel and which are your opportunity areas so you may develop them. It is important to know what you like and what you don't, so you can make decisions that will help you succeed. It may help you choose a career and lead a happy life.

Materials

- Colored pencils or markers
- Pen or pencil
- Printed handout

STEP BY STEP

1 Print the handout on the next page and use it to draw yourself and answer the questions.

a Who are you?

I am Pepe.

b What do you like?

I like animals.

c What don't you like?

I don't like dancing.



2 Work in pairs. Ask each other the questions from Activity 1 to know more about your partner.

3 Introduce your partner to the rest of the class.

He is Pepe.

He likes animals.

He doesn't like dancing.



4 Discuss in pairs:

a What personal characteristics can help you choose a career?

b What strengths do you have?



What new thing did you learn about your partner? There are many questions you can ask to get to know a person. If you want to learn more questions to get to know someone else, go to: <http://iteslj.org/questions/getting.html>



IDENTITY 1. KNOWING YOURSELF

I am ...

I like ...

I don't like ...



IDENTITY 2. SHARE YOUR SKILLS

It is important to recognize your own talents, for example, when you look for a job. Your talents are the things you are good at and what is easy for you. Once you know them, you can look where to exploit them. When you know the skills of others, you learn to respect them and it is easier to decide what each person can do best in team projects.

Materials

- Printed handout
- Piece of paper
- Scissors
- Glue

STEP BY STEP

- 1 Print the handout on the next pages and use it to identify your skills.
- 2 Cut and paste your skills on a piece of paper to create a poster. If you want, you can draw an additional skill. Write your name on the back of your poster.
- 3 Post your posters in the classroom to display them. Then go around the classroom and try to identify your classmates by their skills.
- 4 When you finish, take turns standing up and telling the class about your poster.



I am good at ...

I am not good at ...

I want to be good at ...

- 5 Discuss with your class:
 - a Which of your classmates' skills are familiar to you?
 - b Which of your classmates' skills are surprises?
- 6 Discuss in small groups:
 - a When do you need to talk about your skills?
 - b When is it good to recognize your classmates' skills?



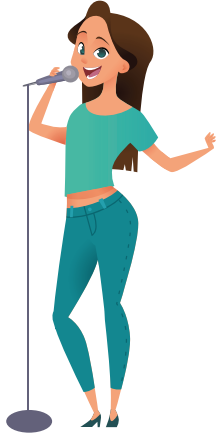
You can find more skills by category here:
<http://www.edutics.mx/iAD>



IDENTITY 2. SHARE YOUR SKILLS

I'm good at...

singing



playing an instrument



dancing



cooking



playing soccer



playing basketball



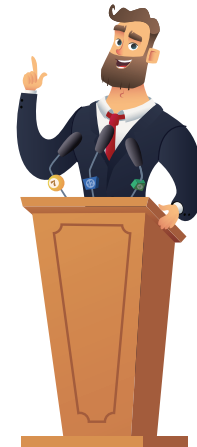
repairing things



playing videogames



speaking in public





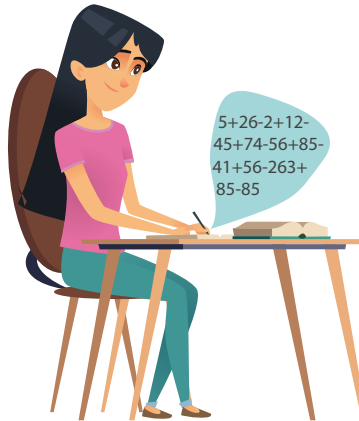
IDENTITY 2. SHARE YOUR SKILLS

I'm good at...

listening to my friends



math



growing plants



painting



drawing



talking to people



telling jokes



locating places



taking care of animals



IDENTITY 3. BODY RELAXATION

Being more aware of your body and the changes that different emotions cause in it can have a positive effect on your life. It is a way to know yourself better and understand some physical reactions you can learn to control. This allows you to do difficult or stressful things more calmly and efficiently.

Materials

- Relaxing music
- Music player

STEP BY STEP

- 1 Find a comfortable position. If possible, play relaxing music while you do the exercise.
- 2 Close your eyes and concentrate on your breathing.
- 3 Concentrate on one part of your body at a time, starting with your feet and going upwards to your head. For example: tighten your feet, bend your knees, and stretch out your legs.
- 4 Once you have reached your head, concentrate on your breathing again and open your eyes. Write how you feel now.



- 5 Discuss in small groups:
a When do you need to relax?

I need to relax before an exam.

I need to relax when I am stressed.

- b How do you feel after the exercise?

I feel relaxed.

I feel energetic.



If you want to check out more parts of the body, you can go here:
<http://www.edutics.mx/iAR>

IDENTITY 4. THANK YOU NOTE

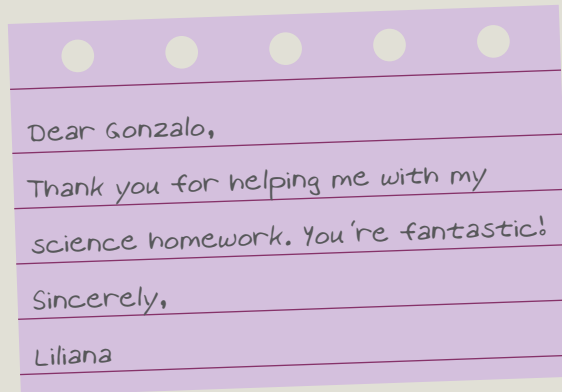
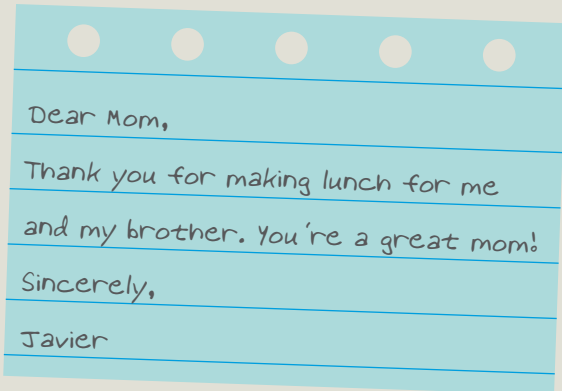
Gratitude is a positive attitude. It helps you focus on all the positive aspects of your life, like your health, your family, your friends, your house, and the possessions you may have. It is particularly helpful when you feel sad. Sadness comes when you lose someone or something, so remembering who is still with you and what you still have, gives you a positive look on life.

Materials

- Pen or pencil
- Printed handout

STEP BY STEP

- 1 Close your eyes and think of a person that you admire, a person that is important, or a person you want to say *thank you* to.
- 2 Print the handout on the next page and use it to write a short thank you note to that person. You can ask your classmates and teacher for help if necessary.



- 3 As a class, discuss: How do you feel after writing the note?
- 4 Decide if you want to deliver the note to the person, if you want to keep it, or do something else.
- 5 Discuss in pairs:
 - a When do you say, *thank you*?



When a friend helps me.

When someone does a favor for me.

- b How do you feel when someone says *thank you* to you?

I feel happy.

I feel great.



IT You can read more about gratitude here: <https://kidshealth.org/en/teens/gratitude.html>



Who do you want to thank?



Dear _____

Thank
you