

Lesson Plan – Who am I?

Purpose : Explore the many factors that shape who we are as individuals. Share these with peers to deepen relationships and develop our class community.

Equipment needed: Pen, paper, identity chart template printed (optional), computer, projector.

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

See the Notes section beneath slides for additional support.

Pre-Work:		
Teachers: We recommend viewing this video from Big Think		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the Curriculum for Life classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound. See the Notes section below the slide for a description of each of the 5Cs
Check-In Whole Group (5 mins) What is Kindness?	Learners think of how they have shown and received kindness during the week. <ul style="list-style-type: none"> • Watch the short video (2 mins) to show how other people describe kindness. • Use the slide prompts to support a class discussion 	The question prompts on the slide help structure and personalise the discussion.
Warm-Up In Pairs/Whole Group (5 mins) Describing identity: Who am I?	Learners stay in their pairs for the remainder of the lesson. <ul style="list-style-type: none"> • As learners watch the video, ask them to think how they may respond to the question 'Who am I?' • Discuss the reflection questions on the slide as a whole group. <p>Elicit the learners initial ideas of why an awareness of our identity is important.</p>	To support the discussion, consider that self-identity is how we see ourselves and our position in the world - it is who we think we are. A strong sense of identity helps us build confidence and develop consistency



		and integrity.
<p>Main Activity - Individually (5 mins)</p> <p>Discovering personal identity: Who am I?</p>	<p>Learners draw out their own identity chart.</p> <p>Learners will:</p> <ul style="list-style-type: none"> ● Draw or receive a template of the blank identity chart. ● Review the 3 layers of identity with learners shown in the slide to start building an understanding of identity. 	<p>Project the identity chart template and students draw it.</p> <p>Some learners may need a print out. This is available by clicking the identity chart on the slide.</p>
<p>Main Activity Individually (10 mins)</p> <p>Create an identity chart</p>	<p>Learners:</p> <ul style="list-style-type: none"> ● Complete their identity charts. ● Use the example on the slide as inspiration. ● Circle/highlight the words that reflect their core identity, these are things that they think will never change. 	
<p>Reflection In Pairs (15 mins)</p> <p>Understanding each other's identity</p>	<p>Learners work in their pairs. (Emphasise the 5Cs to students).</p> <ul style="list-style-type: none"> ● Share their identity charts with each other. ● Discuss their charts, ask questions to help understand 'who they are' more deeply. ● There are questions prompts on the slides to support conversations on their identity charts. 	<p>This is an opportunity for learners to find out something new about the people they share a class with. They may learn more about each other - Empathy building is a hidden part of this activity.</p>
<p>Reflection Whole group (5 mins)</p> <p>How was this Session?</p>	<p>Learners use the Head, Heart, Bin and Bag format to share their takeaway from this lesson.</p> <ul style="list-style-type: none"> ● Head: What were they thinking during the activity? ● Heart: What were they feeling during this activity? ● Bag: What they are taking away and practising. ● Bin: Which parts of the activity they did not find useful. 	<p>Encourage learners to provide reasons for their choices.</p>
<p>Check-out In Pairs (5 mins)</p> <p>What next?</p>	<p>Learners reflect on the learning cycle they have been through and share what they put in their 'bag' - 'what will you apply from what you learnt today?'</p>	<p>Slide notes are designed to support this Check out.</p>

***Keep the identity chart, learners will need them in future lessons.**