

## Activity 1 : Discover-Yourself !

Time required : 40 minutes

Materials needed:

- Paper, Pens, Colours and Crayons, Worksheet - Discover Yourself: Who Am I?

Mode: Individual

Life-Skills to be enhanced

- Self-Awareness, Critical-Thinking, Empathy, Creative-Thinking

Objectives:

- To enhance students' understanding of their 'self' in a creative manner
- To inculcate the ability of critical and creative thinking

Process:

- If you were to answer the question "Who am I", what are ten different things that you will write about yourself in the Worksheet given?
- Use the category chart given at the back of the Worksheet.

### Key Messages

Knowing your Inner-Self builds confidence and Self-Esteem.

You begin to :

- Like yourself and feel good about the way you are.
- Realise that you are a worthwhile, competent and a unique person.
- Have the confidence to try-out new challenges and feel you can achieve the things you set out to do.
- Trust your parents, teachers, friends and seek their advice.
- Be confident and optimistic about the future.

## Worksheet - Discover Yourself : Who Am I ?

| S. No. | Sentences about Yourself | Category |
|--------|--------------------------|----------|
| 1      |                          |          |
| 2      |                          |          |
| 3      |                          |          |
| 4      |                          |          |
| 5      |                          |          |
| 6      |                          |          |
| 7      |                          |          |
| 8      |                          |          |
| 9      |                          |          |
| 10     |                          |          |



**I am  
Unique !**

## UNIT : 2 - Self-Awareness

Let us examine what you have written about yourself and put them under these three groups:

### Group 1 : External-Me (EM)

All sentences that describe your physical self like age, gender, appearance are about your physical self. For example, "I am tall." Put EM against such sentences.

### Group 2 : Social-Me (SM)

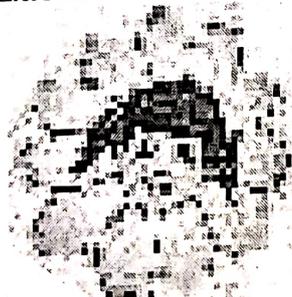
All sentences that you have written about your parents, brothers and sisters, relatives, school and country etc. are about your social-self. For example, "I study in School." Put SM against such sentences.

### Group 3 : Inner-Me (IM)

All sentences that describe qualities or talents that you possess and are valued by yourself or others reflect your inner self or nature. For example, "I am good in English." Or "I love Theatre". Put IM against such sentences.

| Group 1<br>External-Me (EM)                | Group 2<br>Social-Me (SM)   | Group 3<br>Inner-Me (IM) |
|--|---|--------------------------|
| Age, Gender (Boy/Girl),<br>Appearance etc. | Parents, Brothers, Sisters,<br>Relatives, School,<br>Country etc. | Talents, Qualities etc.  |

Category 1 : External-Me (EM)



Category 2 : Social-Me (SM)



Category 3 : Inner-Me (IM)

