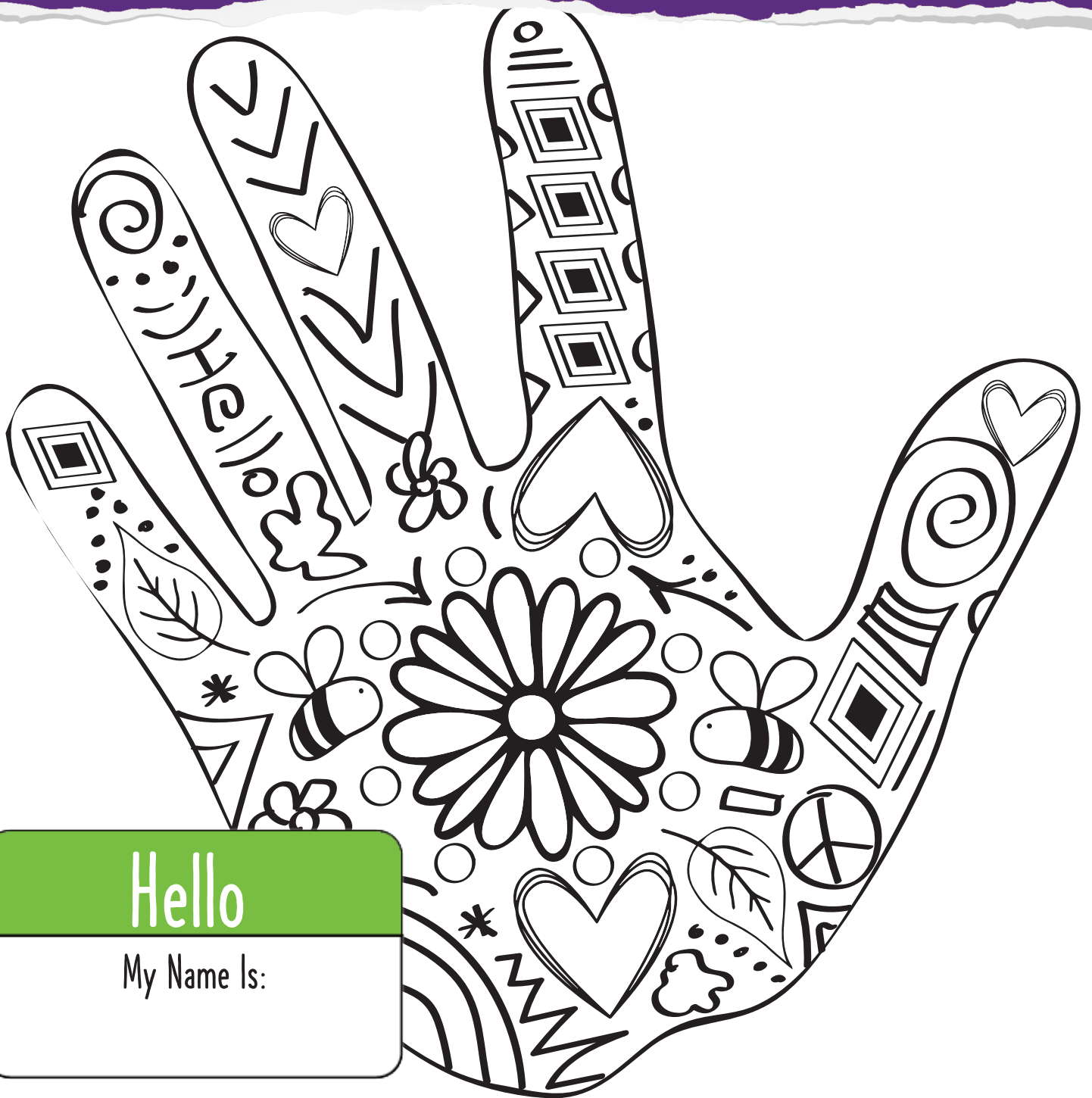




IDENTITY UNIT WORKBOOK

GRADES 6-8



Hello

My Name Is:

Explore Your Identity Wheel

Part 1

Directions: Complete the Identity Wheel by filling in the blanks that best describe you. Circle the identities that resonate with you most. Place a star next to the identities you would like to explore more.

The Identity Wheel is a circular diagram divided into 10 segments. The central circle contains a prompt and three numbered lines for writing. The segments are labeled as follows:

- Role in Family
- Favorite Music
- Favorite Subject
- Favorite Food
- Ethnicity
- Native Language
- Gender
- Sexual Orientation
- Groups I Belong To
- Age

Describe yourself in three words:

1. _____
2. _____
3. _____

Explore Your Identity Wheel

Part 2

Directions: Pick 4-5 questions to answer with your partner. Write down their answers.

1. What is something that you do that makes you happy?
2. Who is someone you go to outside of school for help?
3. Share a good memory.
4. What is a food you eat that has a strong memory attached to it? (For example, a special dessert made for a holiday, enchiladas made by your abuelita, school pizza every Tuesday, etc.)
5. What is something that makes you proud?
6. Who lives with you?
7. What is your favorite place that makes you feel happy and safe?
8. Who is your hero?

Explore Your Identity Wheel

Circle Up Check-In

Our topic today is about (circle all that apply):

Upstanders

School Safety

Trusted Adults

Empathy

Identity

Belonging

Warning Signs

Some thoughts I have about our Circle Up discussion:

After our circle discussion today I feel:



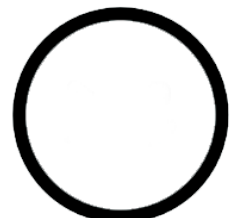
Happy



Frustrated



Unsure/Confused



Draw Your Own

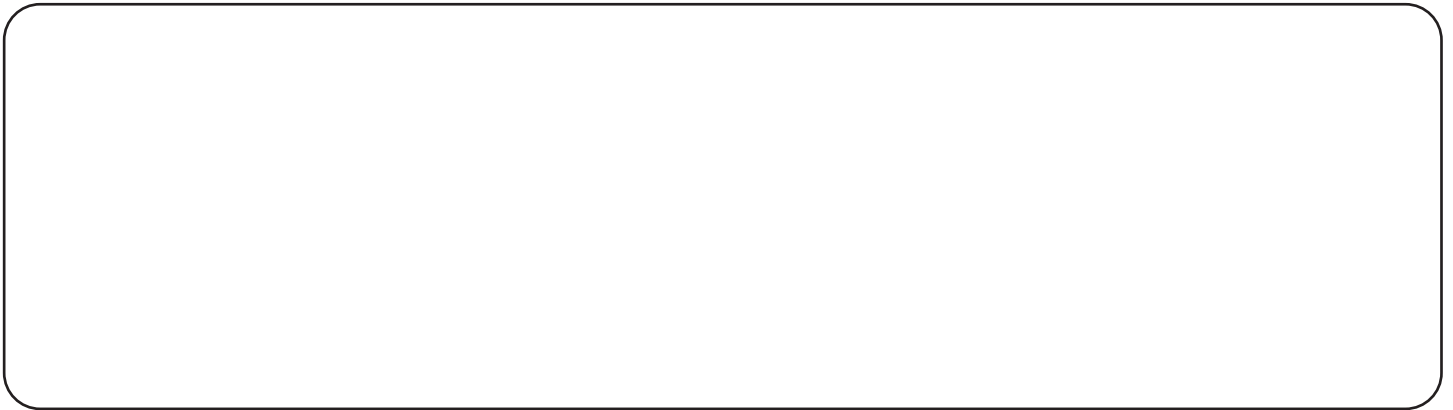
Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

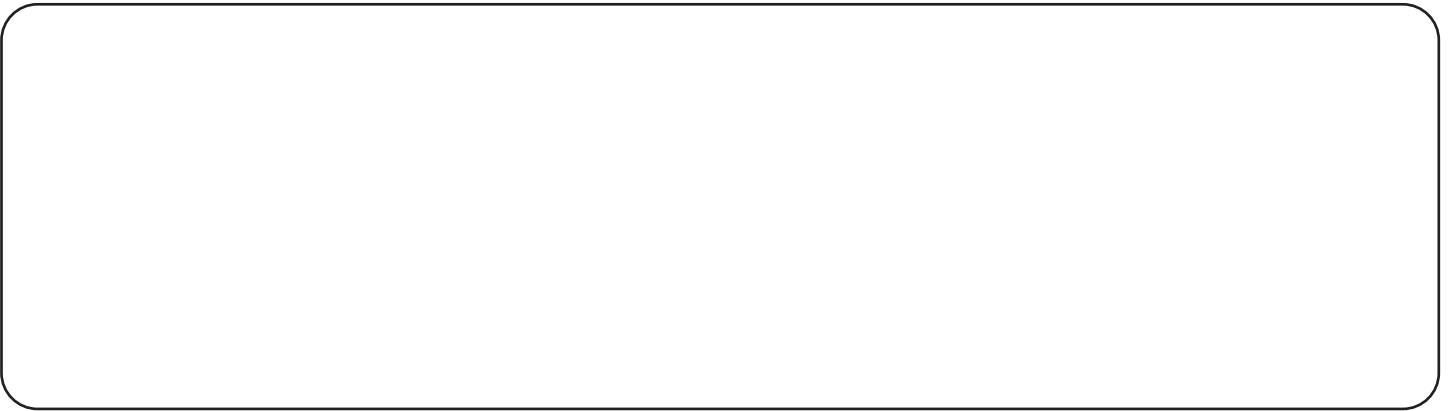
Explore Your Identity Wheel

Journal Time

1. What surprised you about the person you partnered with today?



2. What did you have in common with each other?



3. What was different about each other?



#ILoveMySelfie

Circle Up Check-In

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Identity

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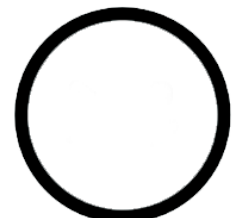
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

#ILoveMySelfie

Directions:
Respond to
the questions
in the chat
bubbles about
what makes
you unique.

List the things that make me
unique, powerful, and special.

Choose one and write about
why it is your superpower.

How can you use your super-
power to make the world a better
place?

#ILoveMySelfie

Directions: Draw a picture of yourself, your superpowers, or the things you love most about yourself in the smartphone.



Mindful Minute

Directions: Visualize your breath as a line and draw it. Try changing your breathing pattern and notice how it affects your line.

Circle Up

Circle Up Check-In

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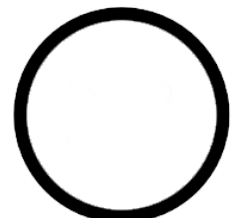
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

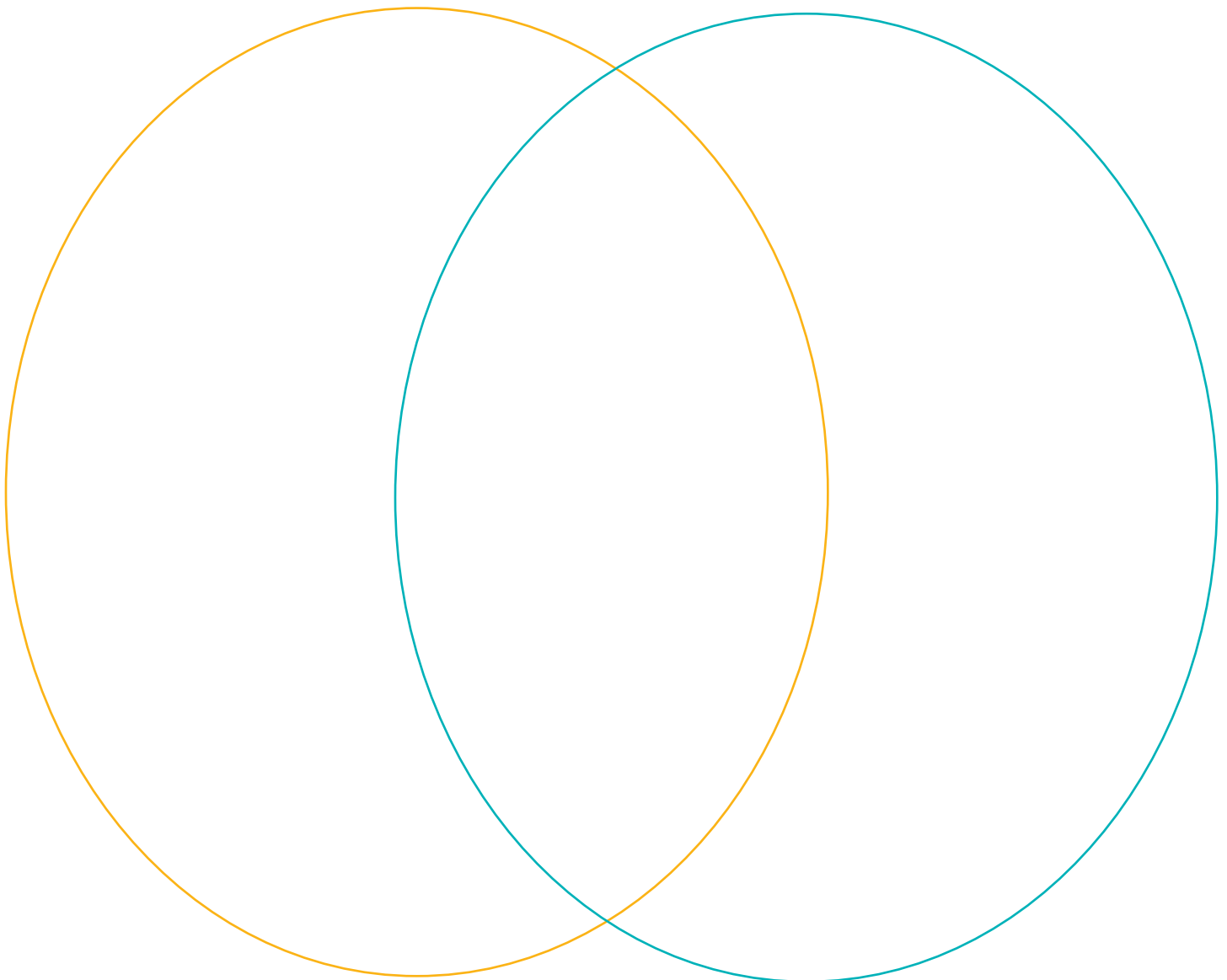
Something I wanted to add to the discussion, but didn't get a chance:

Culture in Our Classroom

Directions: Discuss your culture with your partner. As you are discussing, fill in the Venn diagram by labeling each circle. In the circle under your name, write the characteristics of your culture that are special to you. In your partner's circle, write the characteristics of their culture that are special to them. Where the circles overlap, write the similarities between both of your cultures.

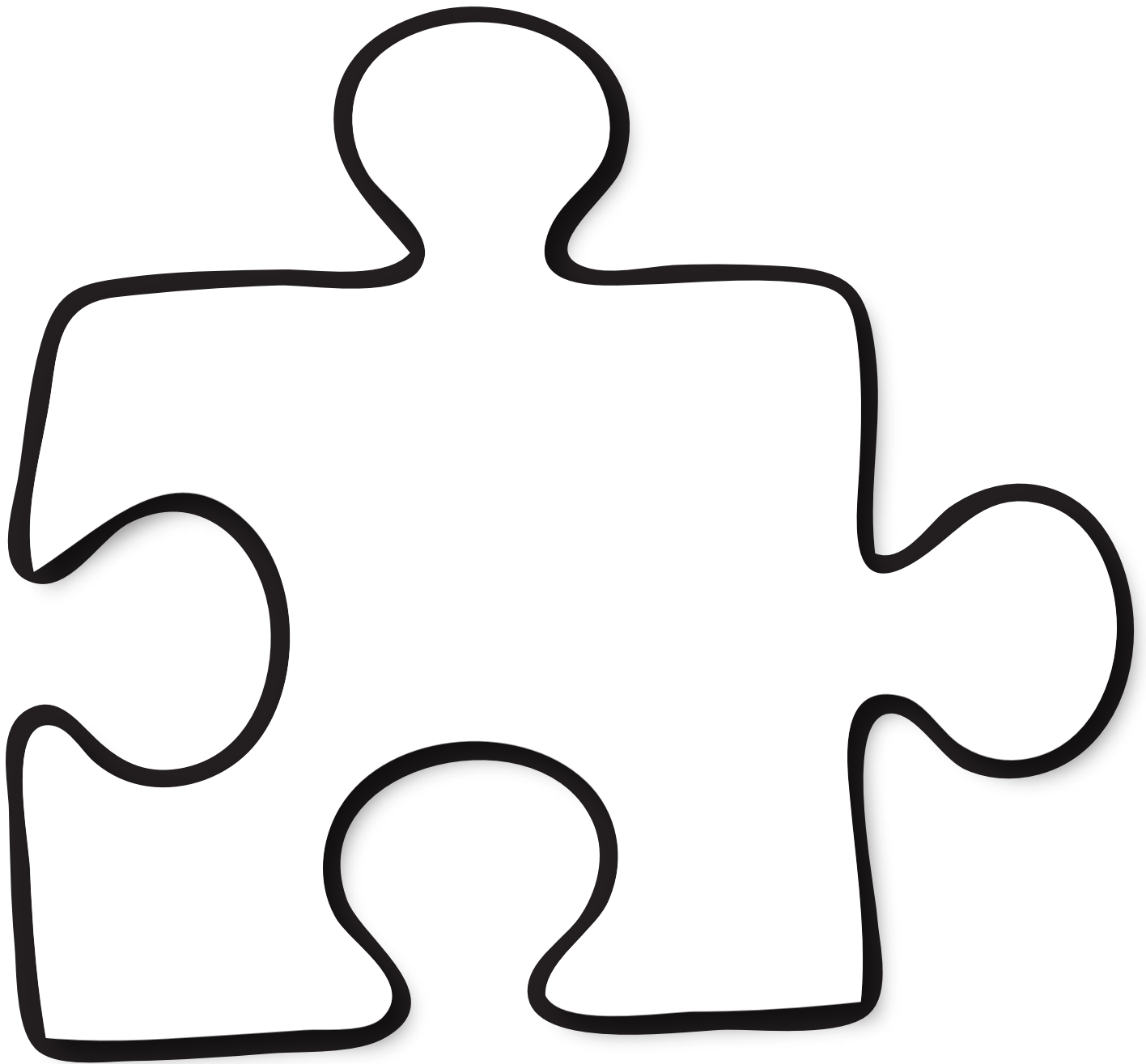
YOUR NAME

YOUR PARTNER'S NAME



Diversity: We Complete a Puzzle

Directions: Write your name on the puzzle piece, then design it to represent your culture and identity.



Graduation Speech

Circle Up Check-In

Our topic today is about (circle all that apply):

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School Safety

Trusted Adults

Empathy

Identity

Belonging

Warning Signs

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After our circle discussion today I feel:



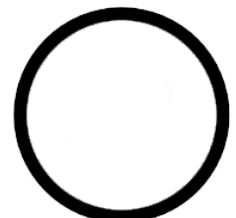
Happy



Frustrated



Unsure/Confused



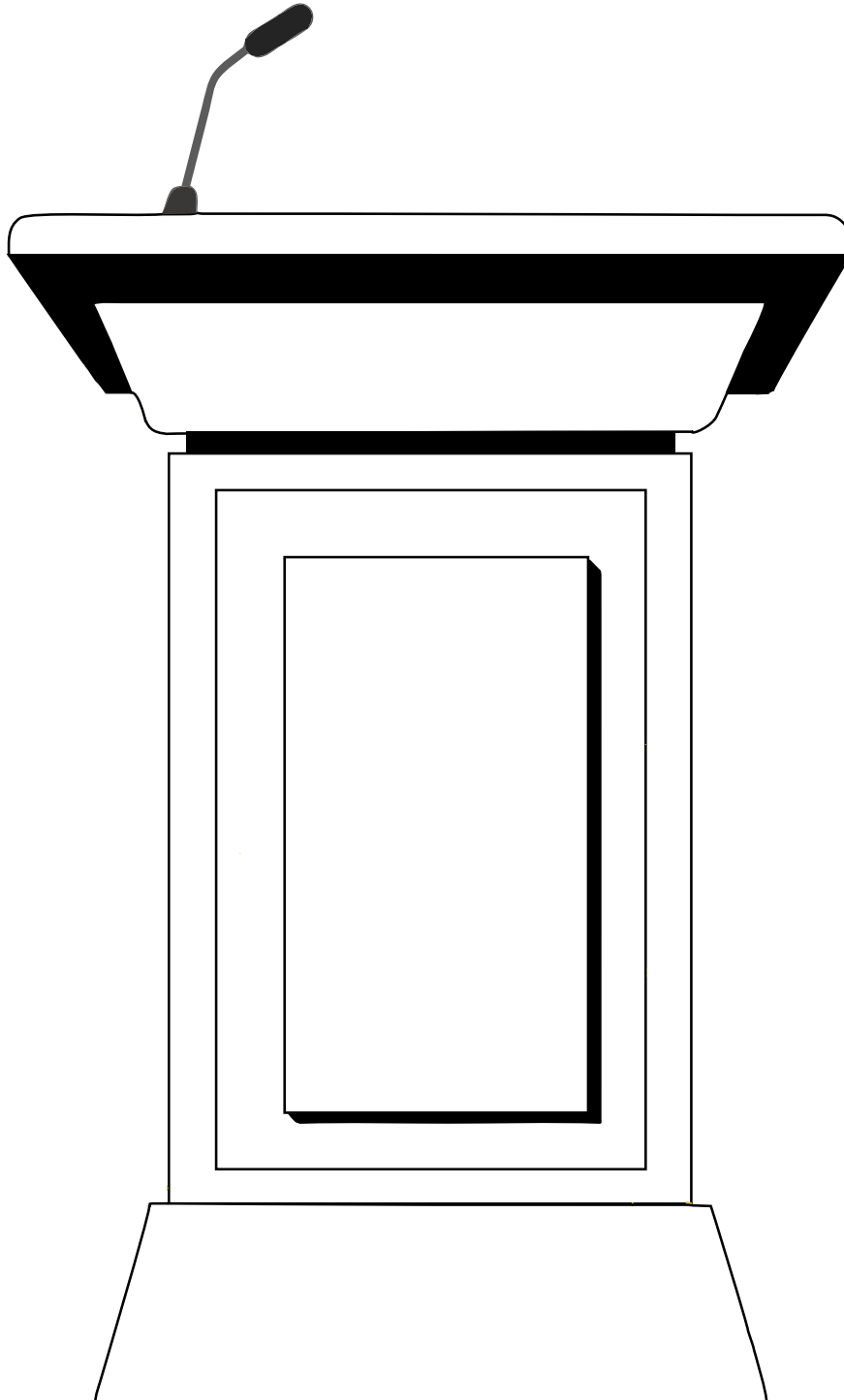
Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

Graduation Speech

Directions: Think about being on stage at your 8th grade graduation ceremony and being asked to deliver a speech. What would you want to tell your peers, classmates, teachers, and families in the audience? Around your image, write key words and phrases that you would like to highlight in your speech.



This is Me

Circle Up Check-In

Our topic today is about (circle all that apply):

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School Safety

Trusted Adults

Empathy

Identity

Belonging

Warning Signs

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After our circle discussion today I feel:



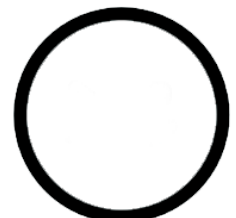
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion, but didn't get a chance:

Identity: Poem Analysis

IDENTITY

By: Julio Noboa Polanco

Let them be as flowers,
always watered, fed, guarded, admired,
but harnessed to a pot of dirt.

I'd rather be a tall, ugly weed,
clinging on cliffs, like an eagle
wind-wavering above high, jagged rocks.

To have broken through the surface of stone,
to live, to feel exposed to the madness
of the vast, eternal sky.

To be swayed by the breezes of the ancient sea,
carrying my soul, my seed, beyond the mountains of time
or into the abyss of the bizarre.

I'd rather be unseen, and if
then shunned by everyone
than to be a pleasant-smelling flower,
growing in clusters in the fertile valley,
where they're praised, handled, and plucked
by greedy, human hands.

I'd rather smell of musty, green stench
than of sweet, fragrant lilac.
If I could stand alone, strong and free,
I'd rather be a tall, ugly weed.

This is Me Brainstorm

Describe your
physical features:

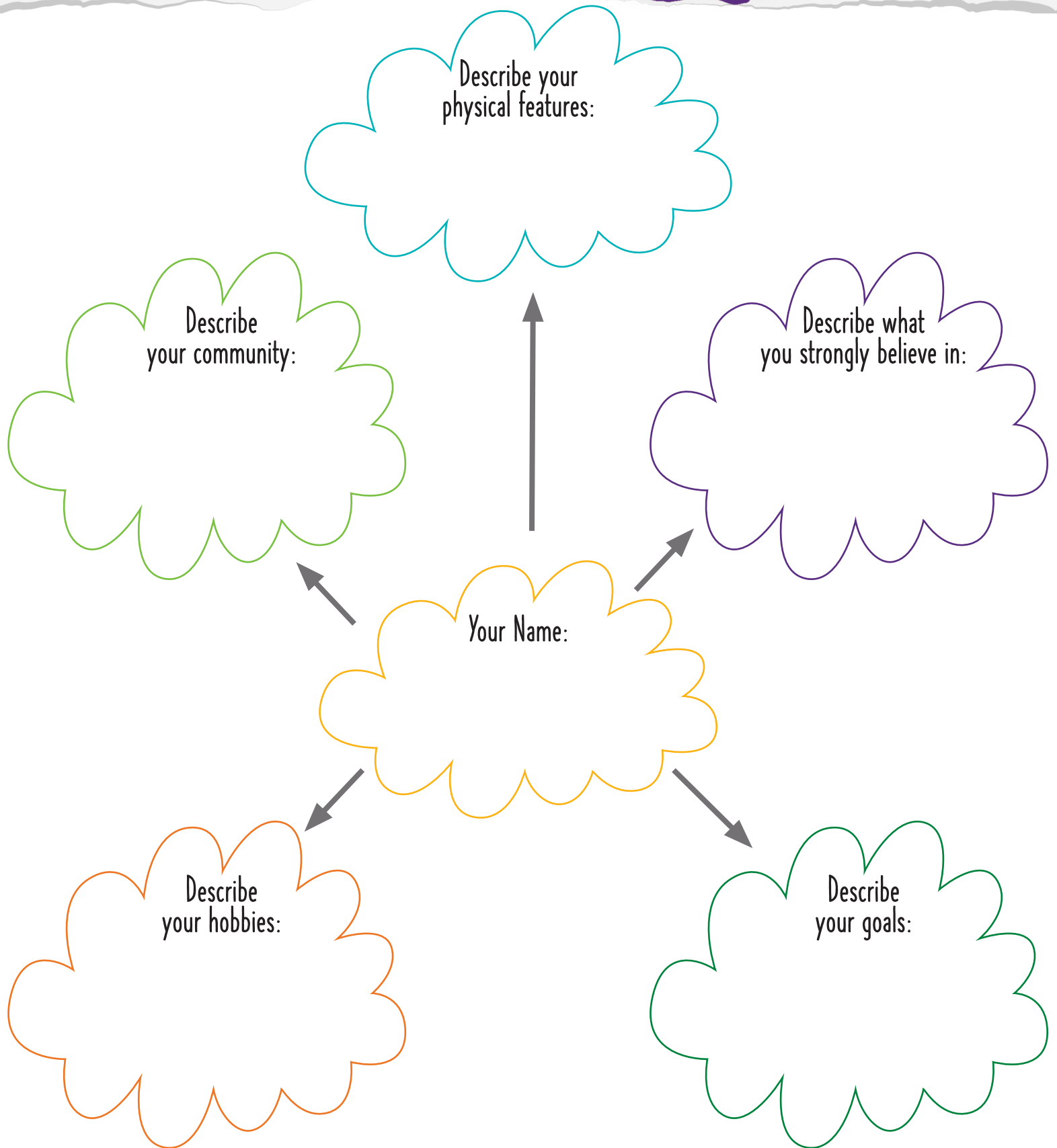
Describe
your community:

Describe what
you strongly believe in:

Your Name:

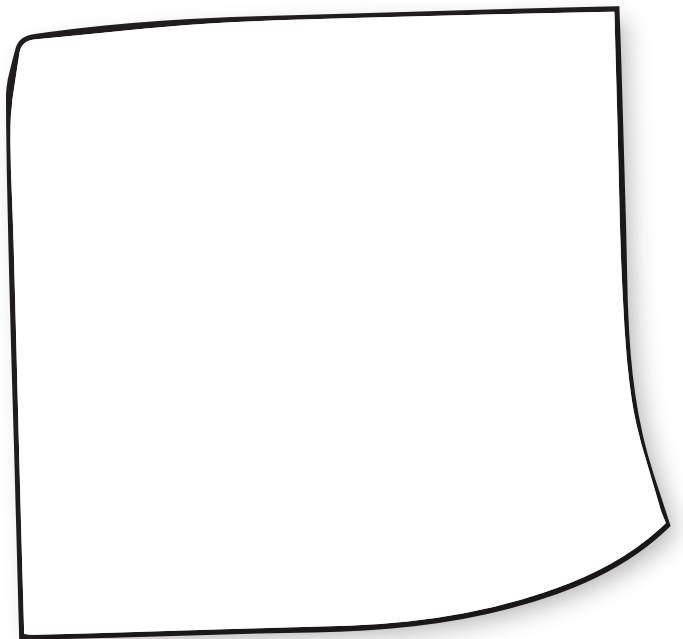
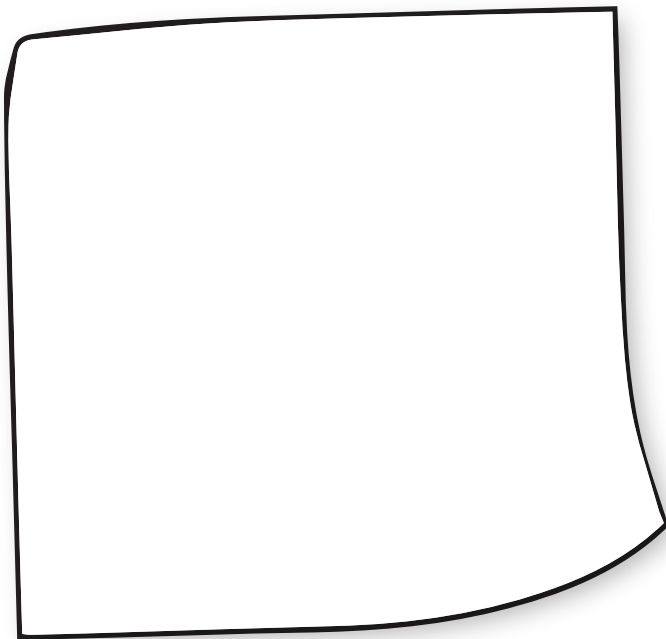
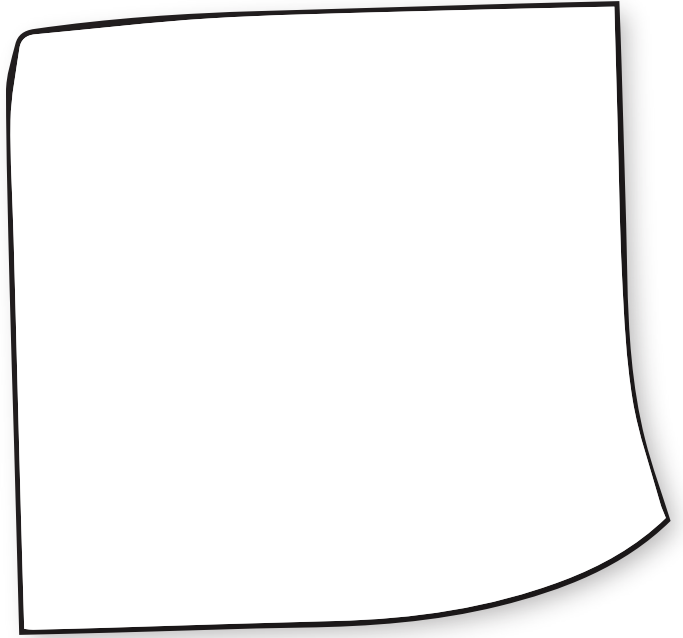
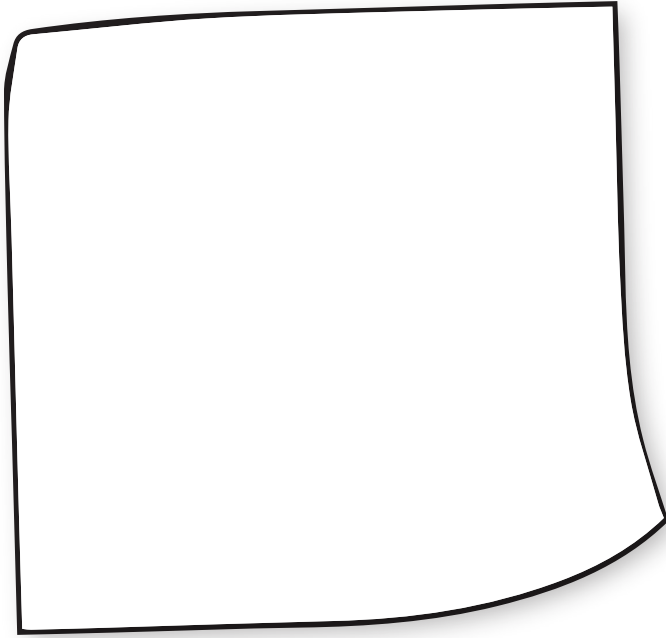
Describe
your hobbies:

Describe
your goals:



What Stuck to You?

Directions: Taking what you have learned throughout this unit, how have you analyzed and discovered awareness of your strengths, values, and identity, along with the unique identities of others?



SANDY HOOK



PRO MISE

