

MY PERSONALITY & IDENTITY

Learning Intentions:

- Understanding how we use personality to describe people.
- Understand the difference between my personality and my identity

Health and Wellbeing Outcomes

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 2-04a**

I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. **HWB 2-45a.**

'I can' Statements			
First Level	Second Level	BGE	Senior
I can talk to employers about myself and about their workplace. I can talk about my strengths, interests and skills and show evidence of my progress. I can adopt different roles when running a business.		I can understand and consistently demonstrate the behaviours an employer looks for in a god employee,	I can consistently demonstrate the skills, attributes and behaviours needed to sustain and progress my career.

Intro slide 1

Personality

Ask for the earliest memories of descriptions of themselves they remember hearing from others- about **what kind of person** they were.

Think of a brother/sister/cousin/friend and describe what they are like in one or two words. Write some examples on the board.

Describe yourself in a few words- what are you like as a person.

Write the word personality on board and underline person.

Q What is personality? (with thinking partners and white board, share what you think it might be)

Q What if we all had the same personality?

Q If we were all the same..., who would the class pick to be the person we all copy?

write on board - **how others see us - personality**

My Personality & Identity

Identity how we see ourselves.

Pupils complete the column 'How I see me' in the ***Descriptions of me*** activity paper. (These are descriptions of their Identity.)

This answers - What kind of person do you think you are?

Ask pupils if they would be interested in knowing what others think of them. They will!

Pupils are asked to write one or two descriptions for each pupil in the class on a post it. Go through the register quickly and instruct pupils to post their descriptions in pre prepared envelopes with each pupil's name written. The envelopes can be attached to walls around the room.

Check through the envelopes before giving to pupils to remove any offensive descriptions while the class can continue to work on their descriptions activity paper.

Pupils review the post its in their envelopes. Put doublers together and sort into themes. Add these descriptions to their activity paper.

Ask pupils to asterisk their top two or three descriptions that they are most pleased about.

Ask pupils to put an exclamation mark at the descriptions they are most surprised about. Ask for examples of these, where pupil have learned something about themselves.

Ask pupils to put two exclamation marks to denote a description that has given you a challenge to work on.

Put the labels, Personality (P for what **P**eople see) and Identity (the clue is in the I, as in **I**nside), at the top of the columns.

My Personality & Identity

Reflection

Ways I see myself not seen by others.

Can they find and highlight any descriptions of how you see yourself that are not seen by others. Ask for examples. Do people sometimes get you wrong?

Ways others see me I didn't know,

Can they find description from how others see you that you were not aware of, that wasn't in your list of how you see yourself?

As a home challenge ask pupils to get descriptions of them from family members and record in the column 'How others see me' in the ***Descriptions of me*** activity paper.

The tree metaphor (for older pupils)

We will use the metaphor of a tree to help us think about the two sides to ourselves. Slide **2**.

The main part of the tree we can see, the canopy is like our personality - how others see us from the outside.

The roots of the tree are also like our personality, in the sense of the temperament we start off with when we are born.

Which part of the tree can't we see, but is essential and the tree wouldn't survive and thrive without it? The trunk. This is like our identity- how we see ourselves from the inside. Pupils write in these terms in ***the Tree*** activity paper.

My Personality & Identity

Exploring our Identity

Discuss what pupils understand from the word *Identity*. Discussion will focus on what makes us unique. Ask for examples of things that reveal our unique identity, such as our finger prints, signature etc.

Starter - Choose 5 words that best describe the real you.

Pupils are asked to describe themselves in as many different ways as possible.

They are asked to record ***All the things you are***, using the ***I-web planner*** activity paper that will help them think about the different things about themselves.

Ask pupils for examples to help others think of descriptions.

Pupils transfer their notes onto their ***I-web activity paper***, placing the elements most central to them closest to the centre.

Pupils can then colour and illustrate their I-web.

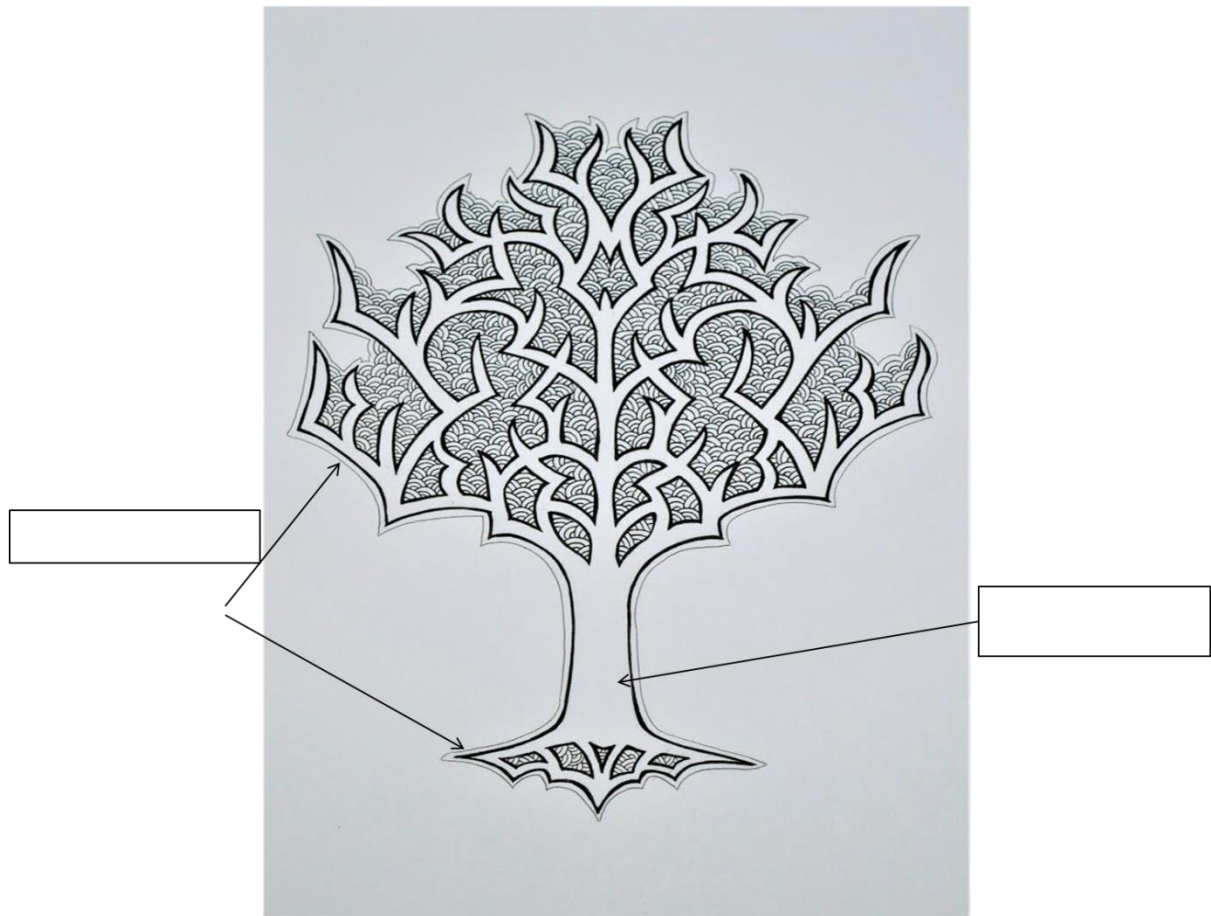
Explain to pupils that Identity is built up through the labels we choose to connect with and the things we identify with. Their I-web is a representation of their identity

Shared Identity

Q Do you share your identity with others in different settings, for example, an athletics club, football team?

Q How does this feel?

THE TREE



You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.

Dr Seuss

DESCRIPTIONS OF ME

How others see me	How I see me

I-WEB PLANNER

**Describing ME-
All the thing I am.**

My main passions

My main goals

My most important memories

My jobs/roles in life

What is important in my life, home, school

My disappointments and losses

Things about learning I most care about.

My learning difficulties /disabilities

The groups I belong to

Things people don't know about me

My favourite colour, food, films, books, music, people, places, time of year, weather, day of week etc

MY I-WEB

