

# Identity - Who am I?

A quick activity to get a young person thinking about their identity.

**Identity:** things that make you, you! It could be your appearance, your interests, your beliefs - anything! Your identity may change over time too!

**My name is:**

\_\_\_\_\_

**5 things about me:**

A  
\_\_\_\_\_

B  
\_\_\_\_\_

C  
\_\_\_\_\_

D  
\_\_\_\_\_

E  
\_\_\_\_\_

Now put this in order of what the most important things to you are. draw a line between them.

A      B      C      D      E

1st    2nd    3rd    4th    5th

I take care of my sister.

My favourite animal is a dog.

I like reading.

# This is me:

(add photos of yourself here)

I like gardening with Dad.

I like telling jokes.

I love swimming!

**5 things I like:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**5 things I dislike:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**This is how I would describe myself to others:**

\_\_\_\_\_  
\_\_\_\_\_

Repeat these activities in a week, a month, a year. Are your lists still the same? Have the most important things to you changed?

It is natural that our identity, as well as our likes, dislikes and what is important to us, changes over time - this is part of growing up!

If you are curious, or have worries or questions about your identity, we may be able to help at [explorewellbeing.org.nz](http://explorewellbeing.org.nz)