

SELF-AWARENESS 12th GRADE

TOPIC: WHO ARE YOU?

OBJECTIVE: to help strengthen the student's self-esteem.

ACTIVITY: Ask for a volunteer from among the students in the class. Depending on the size of the class you can select more than one. (class of 5, one volunteer; a class of 10-12, 2 volunteers.) Have the volunteer leave the class room and wait in the hall. Making sure that the volunteer cannot hear, instruct the class that when the volunteer returns they will each ask him/her one question, "**WHO ARE YOU?**" So, everyone in the class will be asking the volunteer the same question--who are you?

Bring the volunteer back into the class room (one volunteer at a time) and give the following instructions:

*Each of your classmates will ask you a question. You **MUST** answer every question.*

You can only use each answer once.

The more students who are in the class, the more difficult this becomes. If you have more than one volunteer, the first volunteer gets to join the class and ask the question.

After each question has been answered, discuss the following:

1. How difficult/easy was this?
2. Why was this so difficult?
3. How would you like to be known? **Examples:** as your parent's child, your boyfriend's girlfriend, the daughter of your mother/father.
4. Why is being asked who are you is so difficult to answer?

Then pick out a student (not one of the previous volunteers) to stand up and ask them to state 5 positive things about themselves. If, with this group this is too difficult, reduce it to 3 positive things. (**EMPHASIZE POSITIVE**) Go around the room and ask this of every one who did not answer the "who are you?" question.

Then ask a student--who you know is friends with another student in the class-- to say 5 positive qualities about their friend.

After doing this with as many volunteers as possible, pose the following questions:

1. Was it easy or difficult to say positive things about yourself?
2. How easy or difficult was it to say positive things about your friend? **WHY?**
3. What is the difference between being positive and bragging?
4. What did you think of what your friend said about you, were you surprised?

WRAP-UP: Let the students draw their own conclusions from this exercise. You may want to conclude with the idea that we should all try to look for the positive elements in ourselves and not focus on the negative. Also, finding out "who we are?" is a life-long process.

CLOSING READING: Ecclesiasticus 10:28-29.

"My child, be modest in your self-esteem, and value yourself at your proper worth. Who can justify one who inflicts injuries on himself, or respect one is full of self-contempt?"