

# MY IDENTITY (WHO I AM) LESSON PLAN



## MY IDENTITY (WHO I AM) - LESSON PLAN

LESSON TITLE:  
**MY IDENTITY  
(WHO I AM)**

### AIMS

This lesson will:



- Help students to gain a greater understanding of 'self' and their stage of development.
- Introduce Erik Erikson's Stages of Human Development.
- Explore the meaning of 'identity.'

### OUTCOMES



At the end of this lesson students will be able to:

- Summarise Erik Erikson's Stages of Human Development.
- Explain what identity means.
- List and explain the aspects that make up a person's identity.

### LINKS TO JUNIOR CYCLE KEY SKILLS



- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge).

### LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING



In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Bring an idea from conception to realisation.

## **MY IDENTITY (WHO I AM) - LESSON PLAN**

### **LINKS TO WHOLE SCHOOL GUIDANCE**



#### **Developing Myself**

In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.

## MY IDENTITY (WHO I AM) - LESSON PLAN

### LESSON PLAN: **IDENTITY**

### MATERIALS NEEDED FOR THIS LESSON

#### BY TEACHER

- PowerPoint
- Worksheet

#### BY STUDENTS

- Worksheet

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### OPENING 'THE HOOK'

**Ask Students: Have you ever wondered about the following?**

Who am I?

Who am I, separate from my parents? Different from my siblings?

Am I someone people enjoy being with? How do I fit in with my friends?

How do I maintain my own values while still having others like me?

Who am I attracted to?

Will anybody ever be attracted to me?

How will I choose to earn a living?

What am I good at?

What are my strengths? How do I compensate for my limitations?

How will I contribute to the world?

What do I believe?

## MY IDENTITY (WHO I AM) - LESSON PLAN

### BODY OF LESSON

#### TEACHER ACTIVITIES

#### STUDENT ACTIVITIES

After introducing the lesson's aims and outcomes introduce students to the work of Erik Erikson.

Students learn about Erik Erikson's Stages of Development.

Tell students today's lesson will focus on Stage 5: Identity .  
Explain Stage 5: Identity.

#### Identity Word Cloud

Students asked to:  
Pick out the words from the list that describe them and create an 'identity word cloud' of how they see themselves.

Students examine list of words and pick out what describes them. Students then create an 'identity word cloud' like the one given in the example.

Feedback on Identity Activity.

Feedback on Identity Activity.

### CONSOLIDATION OF LEARNING



After the discussion on identity the teacher re-examines the lesson's aims.

# MY IDENTITY (WHO AM I?)



# HAVE YOU EVER ASKED YOURSELF THE FOLLOWING QUESTIONS



- Who am I?
- Who am I, separate from my parents? Different from my siblings?
- Am I someone people enjoy being with? How do I fit in with my friends?
- How do I maintain my own values while still having friends?
- Who am I attracted to?
- Will anybody ever be attracted to me?
- How will I choose to earn a living?
- What am I good at?
- What are my strengths? How do I overcome what's hard for me?
- How will I contribute to the world?
- What do I believe?

## WHY DO YOU ASK THESE QUESTIONS?

- Have you ever wondered why you feel confused and why you are asking these questions?
- Adolescence is a period of discovery and a time to shape identity.
- This phase, through which we all pass in our journey from childhood to adulthood, is filled with questions to be answered and meanings to be found.
- It can be exciting and confusing at the same time.





## AIMS



In this lesson you will:

- Gain a greater understanding of who I am (my identity).
- Learn a little about Erik Erikson's Stages of Human Development.
- Examine what makes someone's identity.

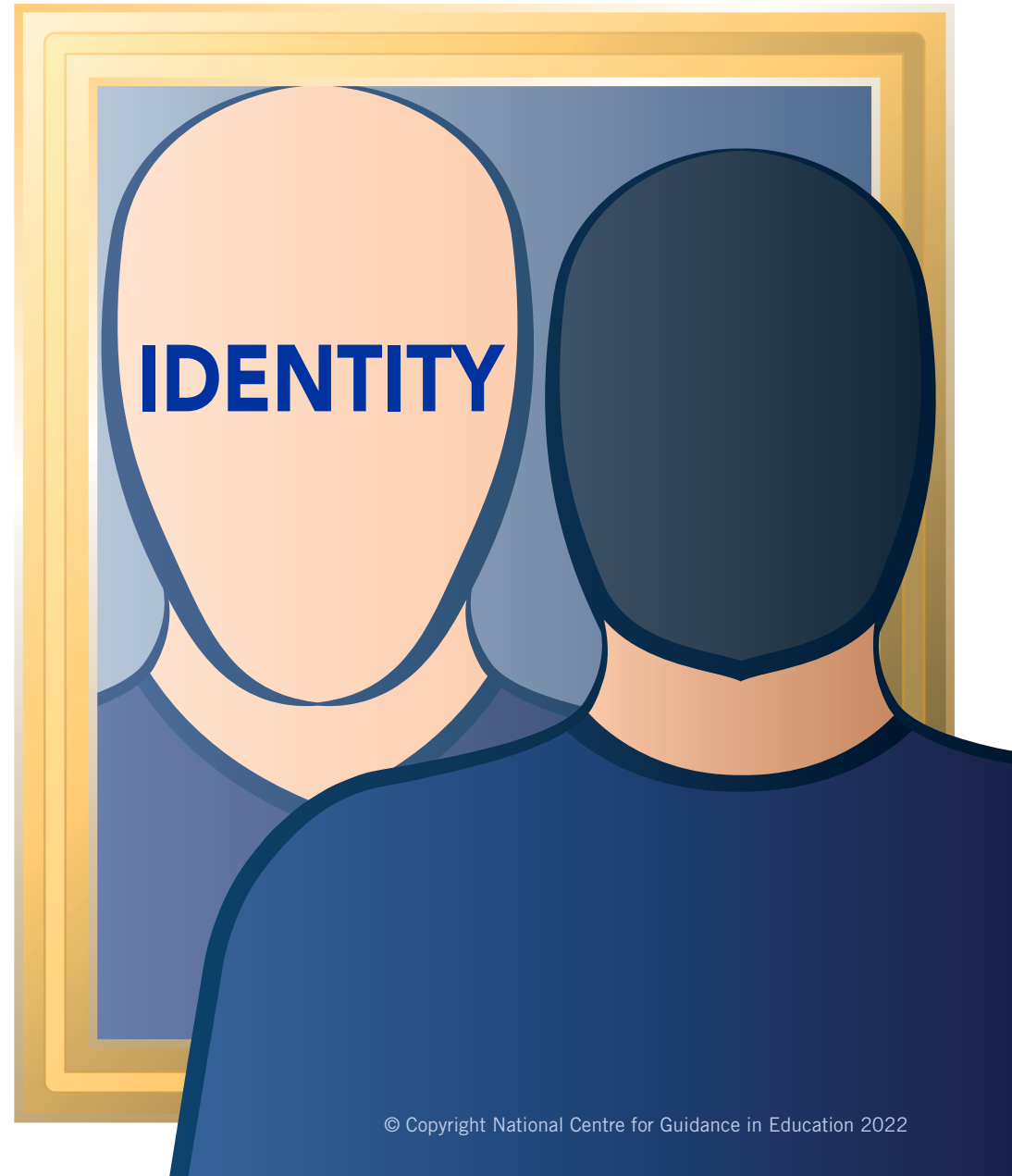
## OUTCOMES



At the end of this lesson you will be able to:

- Explain the term 'identity'.
- List and explain the things that make up a person's identity.

**LET'S TAKE A  
CLOSER LOOK AT....**



# WHAT DO WE MEAN BY IDENTITY?



- Our identity is who we are
- It is what makes us, us!
- The definition of identity is who you are, the way you think about yourself, the way you are viewed by the world and the characteristics that define you.
- In some ways we are all similar. Can you think of any examples?
- In some ways we are all different. Can you think of some examples?
- In our lesson we will be looking at our own identity and what things make up a person's identity.

# ERIK ERIKSON: EIGHT STAGES OF DEVELOPMENT

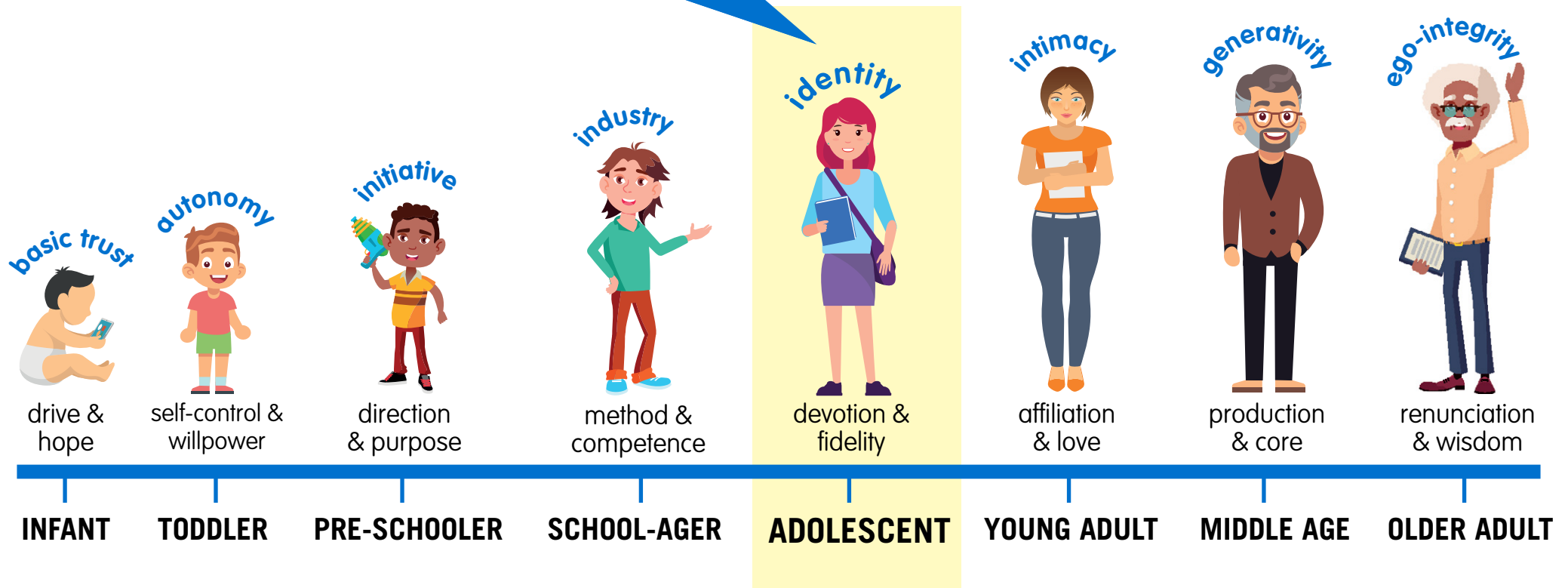


## WHO WAS ERIK ERIKSON?



- A teacher from Austria who moved to America.
- Interested in society, culture, human development and psychology.
- Developed a theory about human development (8 stages)

# ERIKSONS THEORY OF HUMAN DEVELOPMENT HAS 8 STAGES



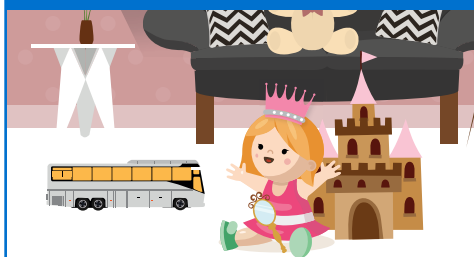
# 8 STAGES OF LIFE:

## STAGE 1: TRUST



The infant develops a sense of trust when interactions provide care and affection.

## STAGE 2: AUTONOMY



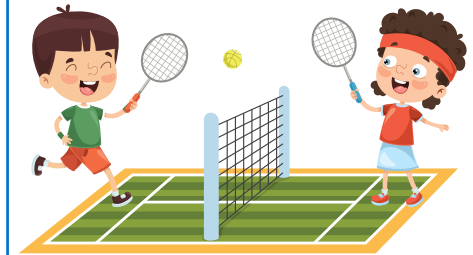
The child begins to develop a sense of independence and personal control over physical skills.

## STAGE 3: INITIATIVE



The child begins to face challenges and plan activities. If the child is supported at this stage they will find a sense of purpose.

## STAGE 4: INDUSTRY



The child starts to show cognitive abilities to enable task completion.

## STAGE 5: IDENTITY



Teenagers seek to explore who they are and will experiment with different roles.

## STAGE 6: INTIMACY



Teenager's main conflict is forming intimate loving relationships. Failure to do so makes the child isolate themselves.

## STAGE 7: GENERATIVITY



People around 40 experience the need to create or nurture things that will outlast them.

## STAGE 8: INTEGRITY



This happens around age 65 and involves reflecting on one's life.

## STAGE 5



12 – 18 years

Identity

Relationships  
with peers and  
role models  
very important

Who am I?

Who can  
I be?



# IDENTITY

I'm going to  
be a doctor.



I'm going to be  
uhm....uhh....



Why don't  
I fit in?



Who am I?



# IDENTITY QUIZ

Pick out the following words that describe you.  
Copy them off the board and create an  
'identity word cloud' of how you  
see yourself:



## Personality Adjectives

academic	attractive	charming	courteous	deranged	efficient	exclusive	funny
accurate	beautiful	cheerful	crazycreative	detailed	elated	exuberant	generous
adaptable	boastful	clean	credible	determined	eminent	fair-minded	gentle
adorable	bold	comfortable	cultured	devoted	enchancing	fanatic	good-natured
adventurous	boundless	confident	curious	dignified	encouraging	faithful	great
affectionate	brave	clever	daring	diligent	endurable	fashionable	gregarious
aggressive	bright	competent	dashing	disagreeable	emotional	feminine	gorgeous
agreeable	broad-minded	composed	dazzling	dynamic	empathetic	firm	haggard
alert	bungling	confident	debonair	discreet	energetic	flexible	handsome
alluring	calm	conscientious	decent	dominant	entertaining	fool	happy
ambitious	capable	conservative	decisive	dynamic	enthusiastic	forceful	healthy
amused	carefree	considerate	decorous	eager	ethical	formal	helpful
appreciative	careful	contrary	dedicated	earnest	excellent	frank	hermetic
artistic	caring	cool	deliberate	easygoing	exciting	friendly	high-flier
assertive	casual	cooperative	delightful	eccentric	excited	fun	hyperactive
athletic	cautious	courageous	demented				

## EXAMPLE

fair-minded  
**DYNAMIC**  
artistic  
agreeable  
ambitious  
considerate  
dedicated  
**CAUTIOUS**  
broad-minded  
appreciative  
**CREATIVE**  
DECISIVE  
athletic  
**FLEXIBLE**

# IDENTITY

- When people talk about their identity they usually talk about friends; family; hobbies and interests; places; religions and cultures
- Did you think about these things?
- What else did you think about?
- How is your identity different to someone else's?



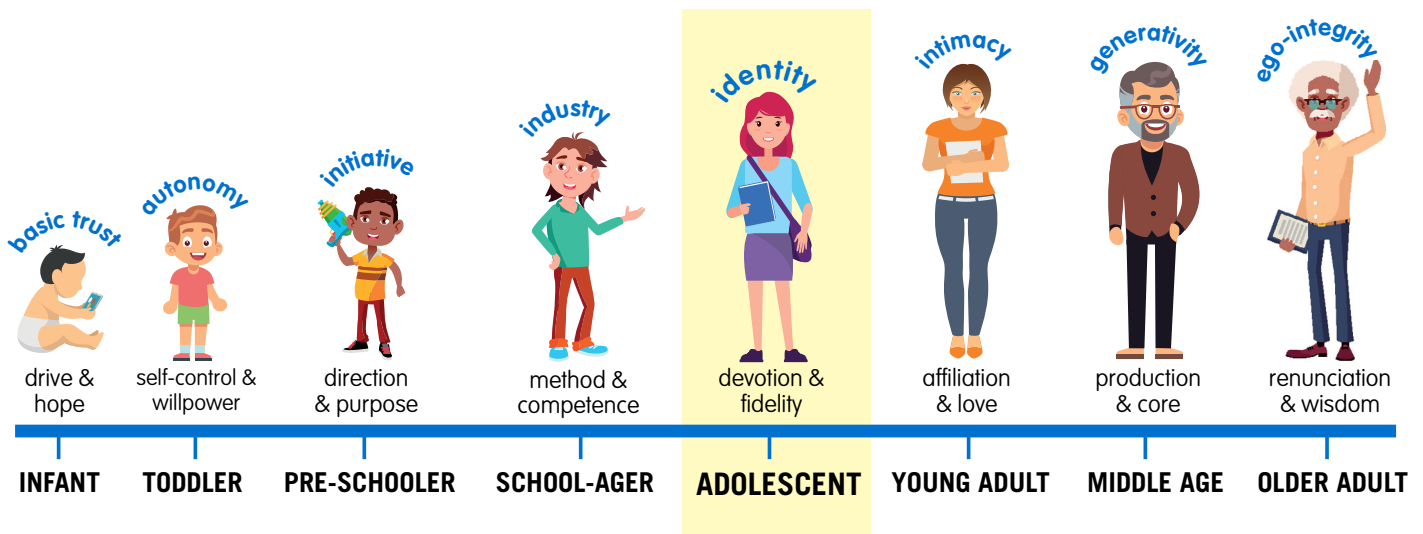
# REVIEW

## Can you...

- List and explain the things that make up a person's identity.
- Design your own identity word cloud.

## MY IDENTITY (WHO I AM) - WORKSHEET

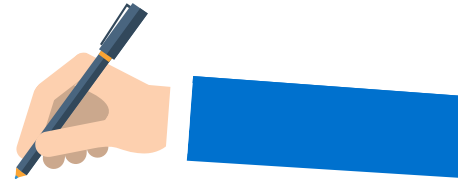
# ERIKSON'S THEORY OF HUMAN DEVELOPMENT HAS 8 STAGES



## IDENTITY WORD CLOUD

**Look at this list of personality adjectives.**

**Pick out the words that describe you. Create an 'identity word cloud' of how you see yourself.**



academic	brave	conservative	delightful	encouraging	forceful
accurate	bright	considerate	demented	endurable	formal
adaptable	broad-minded	contrary	deranged	emotional	frank
adorable	bungling	cool	detailed	empathetic	friendly
adventurous	calm	cooperative	determined	energetic	fun
affectionate	capable	courageous	devoted	entertaining	funny
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attractive	clever	decent	eccentric	fashionable	helpful
beautiful	competent	decisive	efficient	feminine	hermetic
boastful	composed	decorous	elated	firm	high-flier
bold	confident	dedicated	eminent	flexible	hyperactive
boundless	conscientious	deliberate	enchanted	fool	

**IDENTITY WORD CLOUD**

A word cloud template consisting of various empty rectangular boxes of different sizes and orientations, intended for students to write identity-related words. The boxes are arranged in a non-uniform, overlapping pattern across the center of the page.