

## What is my identity and why is it important?

### Outcomes

Identify about what makes you an individual

Describe what is important to you

Explain the importance of being an individual

### Activities

The following activities are designed to encourage reflection on our own individual identities and to see the importance of our differences. They also begin to explore the identity of others and how this leads to bullying, prejudice and discrimination.

1. What is identity? Define the word and provide examples.

2. Let's explore who we are! Complete a fact file. This should lead to a reflections on the key parts of identity and individuality but also what is missing to fully express who we are. This can be compared with someone else's fact file to show the individuality of each other.

3. To explore what is important to us, complete the circle of me activity by placing the categories that are the most important to us in the middle of the circle. How does this compare to others? This should show what and who we value most.

4. Survivor story: Learning about Zdenka. Zdenka is showing her book that was created when she was a child refugee living in England. It tells us about her identity when she was a child in the form of pictures. Use this as an example to complete the next activity.

5. What is it called when someone is treated badly because of their identity? It is important to understand that people are often bullied and discriminated against because of their identity and who they are. This is what happened to Zdenka during WWII because she was Jewish.

**5. Mini-Me activity.** This should be a creative response that's reflects individual characteristics. The way it is created can also reveal something about community! This can be done:

- On paper – create a collage, painting or drawing.
- On the computer – create a video, animation or presentation.
- As a 3D sculpture – use household items, Playdoh or Lego.

Ideas:

- Zdenka's book

### Reflections

- Why is your identity important?
- What is a person called when they move to another country to find safety from discrimination and bullying? A refugee. They are searching for refuge. This happened to Zdenka. The Nazis hated Jewish people and treated them badly before and during World War II. Six million Jewish people were killed in Europe during this time. We call this the Holocaust. Zdenka's family were killed during the Holocaust and she came to England after World War II to find safety and refuge.
- Do Individuals and communities still look for refuge today? Why? What can we do to help? This can be linked to the current refugee crisis.

### Resources:

PowerPoint: What is my identity and why is it important?