



What makes  
me *me*?

## TAKE IT FURTHER:

### THINK

What curiosity questions can you ask?

*e.g. What does identity mean to you? How would you define your identity? Are you the same person as when you were born? What influences your identity and is this a conscious choice? Can you choose who you are? Is your identity the same with everyone in your friendship and family circles?*

### FEEL

How might different people feel about this?

*e.g. How do you feel about yourself and your identity? Have you ever felt pressured to change anything about yourself? What are the influences on your identity and do these make you feel good? When do you feel the most 'you'? Can this feeling stay with you at other times? If not, why?*

### CONNECT

What links can you start to make?

*e.g. How is our identity shaped over time? Are we the same people when we are born as when we are growing up? What is the connection between our identities and our cultures? How significant is your nature and your nurture on your own identity?*

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## RESOURCES:



### [What makes you you?](#)

(Article and sketches | *Waitbutwhy*)

### [How to discover your true identity and uphold your self worth](#)

(Article | *Tony Fahkry - Medium*)

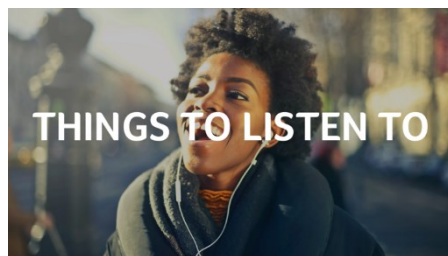


### [What makes me me?](#)

(4 minute video | *BBC Teach*)

### [Is your identity given or created?](#)

(12 minute video | *Marcus Lyon - TED Talk*)



### [Identities](#)

(Podcast series | *Ted Radio Hour*)

### [Podcast Brunch Club](#)

(Series of short podcasts on Identity | *Podcast Brunch Club*)

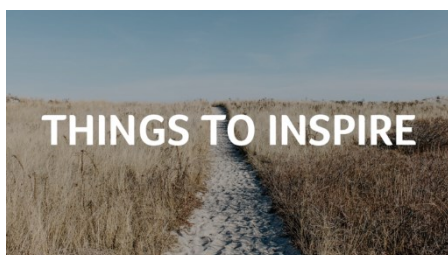


### [Create a life map](#)

(Tips and guidance | *Oprah.com*)

### [Meet our Identity changemakers](#)

(*Ali Knowles* | *Dinah Gibbons* | *Chukumeka Maxwell*)



### [Explore our Identity topic](#)

(A global-thinking resource | *ThoughtBox Education*)

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## Activity ideas:

1. Who are you? Take a blank piece of paper and create a chart, with one column for each 4 years of your life (so 0-4 years | 4-8 years | 8-12 years | 12-16 years etc.) up to your current age. In each column, write down what you were like during those years – your physical appearance, your characteristics, your likes and dislikes. Now think about yourself in this moment at this age – are you still also all of those younger versions of yourself or are you someone new? Which parts of your younger self are still you now and which parts have evolved?
2. Exploring your name: What do you know about your name and its meaning? What is its origin? What does it mean to you? How has it impacted your life experiences? Spend some time researching the meaning of your name and talk with your family about why this name was chosen and what it means.
3. Take a look at the short video from The School of Life called [Who Am I?](#) This video explores a few big questions about what makes us who we are and which parts of ourselves create or shape our identity. After watching, have a conversation with others around you to share your thoughts.

*\*USE THE **THINKER'S GUIDE** TO HELP YOU*

What other activities could you do?

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