

# IDENTITY AND EXPLORATION



**A curriculum to empower adolescents**

**For Grades 8 – 10**



Made by students of Grade 8, Riverside School

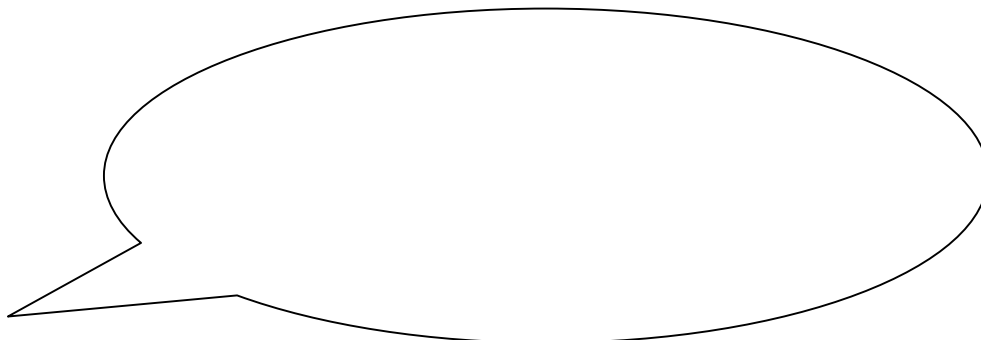
# Chapter 1

## Introspective Letter

"One finds his identity by identifying"



In this speech bubble – write down quotes that you think match the way you portray your identity.



**Student**

Hey student!

Do you know who you really are? Aren't you excited to find out? Well it's time to look deep into yourself and do some 'you introspection'. You will be able to find out that your identity is more than just how many marks score in exams! You are also known for your hobbies, interests, choices, likes and dislikes! You will know yourself in the cognitive, physical, emotional and social areas. And the best part is that no one will be helping you do it. You will be figuring it out all by yourself through the 'Introspective letter'. It is a letter you will write to someone, while figuring out many different things that you did not know before! Aren't you excited to figure out your identity? So what are you waiting for? Get on with it!

**Parent**

Dear parent,

Till date, do you know who you really are? Wouldn't it be great if at this age, they could look deep into themselves and figure out who they are? This activity is going to help your child do just that. Parents often put pressure on the child to get good marks. But marks are not everything. This activity will teach the child how to look into themselves and introspect. They will mainly explore 4 areas- cognitive, social, physical and emotional. It will show what the child thinks about themselves, and it is crucial to know that. As introspection has no boundaries, it will give more freedom to the child. Also, once the child gets to know her/himself, they will be more open. So get ready to participate in your child's introspection!

**Teachers**

Respected Teacher,

Your student is about to be transformed. How? You ask? Well, we are going to make them look into themselves and do some introspection. This will make the students explore themselves in all the different areas- cognitive, social, emotional and physical. Sometimes students are given the idea that their identity is their marks. This will make them bring out their other qualities as well and put it down in a detailed format. It will also make them more open and explore new things. We hope that you participate in your student's introspection too!

Let's Start



*To write your own introspective letter”*

**You will need:**

- A pen/pencil
- A paper

**What to do:**

1. Grab a paper / notebook and a pen.
2. On a page, make a mind map of what you think you are. It would be useful in case you can write the points under the following topics- Cognitive, social, physical and emotional.
3. Refer to our samples below to get an idea of what you can write.
4. Go ahead and write your letter! Put all your ideas in a good sequence, keep referring to your mind map and remember to think before you write...Enjoy!

**Ideas:**

- You can make a mind map before you start
- Try sitting in a quite place so you can introspect deeper
- You can divide your letter into 4 portions – Cognitive, Physical, Social and Emotional
- Try looking at different aspects you want to share and then put them into words

**REMEMBER:**

**This is an introspective exercise. As you know – you cannot discover yourself in just one day. Therefore over a span of 5 months you should write introspective letters. One letter should be written every month. So at the end of 5 letters you will be able to clock your progress.**

Take a



### The New Myself

Hi Kiran Ma'am!

I am finally in Grade 8! I am sure this is going to be a year full of excitement, adventure, new ideas, new emotions, thoughts and things to do. Grade 8, to me, is going to be more different than any of the other years I have spent. In this year, I am a completely new person.

I am writing to you this letter to show you how I have changed and what THE NEW ME in Grade 8 is. I have started to feel more mature about myself physically now that I am growing. I am also more confident about myself. As I remember correctly, last year I was not sure of myself. I used to dislike my height, but now I have started seeing its advantages and actually 'boast' about it!

As I was telling you about confidence, it has affected me socially as well. Whenever I now interact with someone, I can have a good conversation and leave an impression that I am no longer shy. I have made lots of new friends, and my friendship with older ones has become much stronger. Unfortunately, something that happened very recently in Grade 7 was something I did not like. To some new girls, I came across as mean. They used to say that I used to gang up with some of the older friends and make sarcastic comments. As my family also acknowledged this fact, I am trying to be friends with everyone and stop gossiping about people behind their backs. My comfort with new people has also increased a lot. But, I have to learn to be more polite.

This is how I think about things- directly linked to cognitive thinking. My ability to think has increased, but has also changed. Cognitive thinking is basically what I think of myself. I am trying to work on coming out of a pattern which I have fallen into- which is that everything is ok. Then I wouldn't try to come out with good outputs in even my strong points like English.

I have changed emotionally also. I think my sensitivity about things has decreased. I cry easily, but otherwise my family feels that I have started becoming selfish. At times I feel so too. I should give up on thinking more about myself and think of others too. I also have to start being biased against certain people in my class, but they are very bugging and argue a lot even with teachers, so it's going to be tough...

All these changes are something new to me, but so is Grade 8- a New Year, a new me. I am confident and happy with whom I am and with some things that I need to change, I hope that like right now, the whole year remains this way throughout the year.

I am awaiting your reply- please reply to me at – \*\*\*\*\*

Thank You,

## Site Seeing

By now you must have written your introspective letter. However now check out these sites on looking into yourself. It will just give you a global perspective on what people think of introspection...

## SOME READING TO DO...

Marks aren't Everything!

Life as a student... is hectic! Your world as a student revolves around the school. Teachers, classes, libraries, extracurricular activities and the centre of this endless, spinning wheel are you books. Studies. Exams. You practically burn the midnight oil to go through today's biology notes. Passed on an invitation to the cinema just so that you can finish all the additional math's exercises in your work books. Hovering from shelf to shelf in the library to look up last minute tips on how to answer in the examinations. Stop! Stop and think again. What happened to your life? Are scores so important than a little socializing? Are you a knowledge-absorbing machine that you neglect your social needs? Shockingly (for some), the answer is 'no'. No, grades and socializing are equally important and no, you are not a machine. Though it is traditionally believed that grades determine your course in life, let me disclose a little secret... marks aren't everything!

True, upon entering primary school, you are drilled with the importance of education and passing the exams with flying colors. However, this concept lacks a vital element – the social element. You meet people in your class. Some become friends, some become enemies or rivals while others were just plainly ignored. Even your teachers, the canteen lady and the gardener are people that you have to interact with. These people will, in a way, shape your characters and attitudes later on. Though academic is important, the informal education you gain from the people around you will help you more in understanding life's concept and how to deal with it. It is the same concept applied in scientific subjects where in class, you are given the theory and in the lab, you are given hands-on situations to practice the theories. Just remember that there are tons of people out there with a high IQ (Intelligence Quotient). However, the one factor that makes a person different and more favorable than the other is their EQ (Emotional Quotient). Hence, to gain the human contacts needed to cultivate a well received person is a vital part of being a student too. So neglect them not.

"I am so depressed. I failed my additional mathematics paper again and I'm going nuts!"

Another secret about exams is that they will not portray the real you. There are some people who are known as the 'late-bloomers'. These types of people have less consciousness than the average people of where their interest lies. You learn Chinese and you sit for a French paper. I can imagine how alienated you will be – terrifying! Different people have different interests. This leads to varying focus on the subject at hand. Examinations test you on one skill but not another. Thus, restricting your potential to that written on the paper only. It is as if you are required to draw a beautiful painting on an already restricted canvas. Your painting will not then reflect the real you. Moreover, if you splashed paint on the frame, people say that you are an unpromising artist, which you knew is definitely not true. Just like the painting, your grades also do not define your true ability. By understanding this concept, I do

think that examinations will give lesser fear towards students and make them aware of where their capabilities really lie.



## Prompts:

1. **Introspection is one of the hardest undertakings for anyone.**



Does the given picture show true introspection?

Justify your opinion.

2. **Read the article below and understand that Grades are not everything. Then answer the prompt:**

Your best friend is carried away with his 'great' achievement of receiving an 'a+' grade in his/her class this year. He does not think of anything other than that grade of his/hers. Please help your friend realize his/her true strengths and weaknesses by giving him/her pointers on how to truly introspect.



# Reflective Notes

Have you understood yourself better? If yes then how? And if no then why not?

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What do you know about yourself now that you did not know earlier.

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Has this exercise helped you? If not why and if it has then why...

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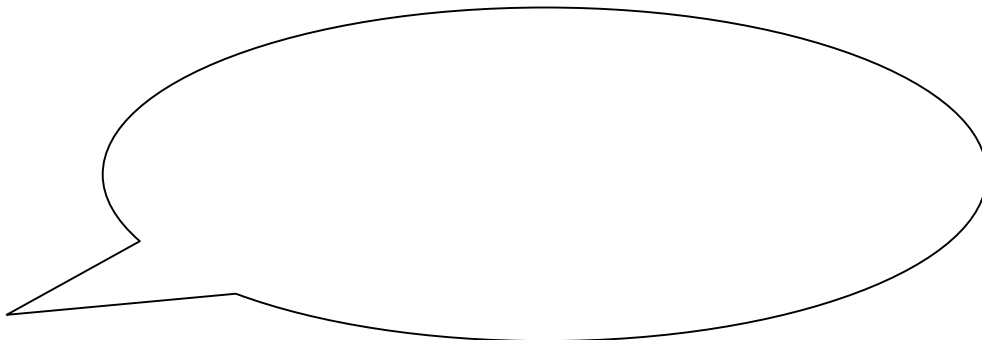
**Teacher  
Feedback:** \_\_\_\_\_  
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# Chapter 2 - Legacy

“What lies behind us is nothing compared to what lies within us and ahead of us”



In this speech bubble - write down quotes that you think match the way you portray your identity.



**Student**

Hey Friend,

You have entered your teens and are embarking on a wonderful journey and an exciting adventure. Through the different activities in this book your identity has become much stronger and visible to you. However this activity will give you a great understanding of how much makes up your identity. You all know that your identity is much more than the grades you get in your exams. Your identity is made up of many attributes such as your choices, interests, likes, dislikes, hobbies, inspirations and more. Making your legacy will make visible the many different attributes that form your identity. This legacy will not only be formed with what *you* think the many attributes are – but will ask you to take your friends and families points of views. In all, this entire legacy will be a compilation of the different attributes that you and your friends and family think your identity is made up of. So go on, Explore, Introspect, Delve deep and Rock the legacy and your identity.....

**Teacher**

Respected ma'am/sir,

The students in your class have started their adolescent years - very important journey in their life. These years can either be their best friends or their worst enemy. Their identity will really determine what they stand for. In each students mind, their identity is pretty much only the marks they get in their exams. However in fact their identity consists of many more attributes such as choices, interests, likes, dislikes, hobbies, inspirations and more. So, this legacy will help them explore about what they think of themselves and also what others think of them as. It'll help you understand the student's strengths and weaknesses and confidence level, so that you can help that particular child become a better student.

**Parents**

Dear Parents,

Your children are growing up and their identity is growing with them. This identity is made up of many attributes such as their choices, interests, likes, dislikes, hobbies, inspirations and more. To make them and you see that their identity is formed of much more than just their exam marks we have an interesting exercise planned. Making a legacy will reassure their identity to them. This legacy will also ask your contribution to your child's identity. So introspect, delve deep and help you child recognize that his/her identity is made up of many attributes...

## Let's Start



*To write your own legacy*

### **You will need:**

- A paper
- A pen
- And deep introspection...

### **What to do:**

1. Sit down for 10 minutes in a silent room and write down what you believe in, your interests, your negative patterns, your strengths and all other aspects that identify you.
2. Highlight the ten most important aspects of your identity.
3. Go around asking your teachers, peers and parents for words that define you.
4. Again highlight the ten main words that you, your parents, teachers and peers think about you as.
5. Your legacy is ready...

### **Ideas:**

- You can present your 10 main words in a point format
- You can write a note for your cremation ceremony using the 10 main words that are your identity. This speech can talk about what you want to be remembered as.





# Take a look



## Examples:

Given below are a few examples of what a legacy looks like. These are children from the Riverside School who have done the same activity.

## Remember:

These are legacies of *their* identity. Yours doesn't have to be exactly like theirs.

## *My identity:-*

1. A son
2. A brother
3. A cricketer
4. A goalkeeper
5. A volleyball player
6. Hates reading
7. Loves to listen to songs
8. Likes painting
9. A mathematician
10. Very emotional and sensitive
11. A chef

## *Classmate's points of views*

1. Good at Math
2. Helpful
3. Good at cricket
4. Good at calculations

## *Teachers*

1. Earnest
2. Hardworking
3. Honest
4. Bewildered

## Top 10 – My final Legacy


- Asian
- An Indian
- Dubai Citizen
- Gujarati
- A son
- A brother
- Mathematician
- A chef
- A cricketer
- Very Emotional
- Volleyball Player
- Hardworking

## 'Site' Seeing

By now you must have made your legacy. However now check out these sites on Identity and legacies. It will just give you a global perspective on what people think on identity and well as legacies.

[http://books.google.co.in/books?hl=en&id=8PIeDJcfbt0C&dq=legacy&printsec=frontcover&source=web&ots=BTT2j6ZkSJ&sig=xt9-HyWeJarwiWQsxzIrMGJ\\_CRg&sa=X&oi=book\\_result&resnum=8&ct=result#PPA3,M1](http://books.google.co.in/books?hl=en&id=8PIeDJcfbt0C&dq=legacy&printsec=frontcover&source=web&ots=BTT2j6ZkSJ&sig=xt9-HyWeJarwiWQsxzIrMGJ_CRg&sa=X&oi=book_result&resnum=8&ct=result#PPA3,M1)

<http://www.tcpnow.com/holidaykit/part1/hd1.4.html>

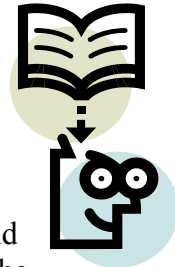


Refer to these sites and have a lot of fun... You will see different legacies and will understand identity better.

# SOME READING TO DO...

## Your life's story

Writing your life story is embarking on a journey through the past. It's a unique journey, one no one else has ever taken. That's because the road you'll travel is built from your very own memories and experiences ~ your very personal reactions to all the situations and events you'll be remembering.



Your life will pass before your eyes. You'll re-experience its pleasures and pains, longings and achievements, loves and hates. This is not a journey for the squeamish, but those with the courage to walk this road will be wonderfully rewarded. These rewards will radiate out, from you, to your family, to your entire society.

Members of your family want to know more about your life than you realize. They'll treasure every word you write. To them, you are the connection, the bridge, between the remarkable past and the present. You are history, and history disappears if you don't record it. You've been living through one of the most event-packed periods of human history. From splitting logs to splitting atoms, the 20th Century has brought immense change. You've seen it first hand and have thoughts and feelings about it. Now's your chance to tell about them. There's little opportunity today for kids to hear the stories of their family's past. Not only don't they experience the lifestyles their parents and grandparents lived, too often they don't even know about them. Most of today's kids exist in isolation from their own pasts. When we're marooned from our ancestors and traditions that have evolved -- within the family, the tribe, the nation, the culture from which we sprang -- we're separated from a meaningful sense of SELF.

So that brings us to the first reason for writing your life story: to create a legacy for your family: Writing your life story is the perfect way to link generations. It's a voyage of self-exploration - a way to discover more about yourself and how you came to be the person you are today. It's equally important for society, allowing others to experience another historical period. In offering younger people the chance to participate in life as you've known it, you make it easier for them to understand the forces and values that shaped your life. It can give kids courage. The message they receive is: Some things in life never change. Some things are scary, but you can get through them.

Writing your life story also offers you the possibility of PERSONAL TRANSFORMATION. As you journey backward through your life you'll gain new insights. With the passions of earlier moments now behind you, you can review them more calmly. You can begin to look back on your life with more understanding and sympathy -- to understand not only your place within your family but your place in history. Not only can you begin to forgive others, you can also begin to forgive yourself. You'll see your life-so-far in new ways. You'll begin to see patterns and threads of continuity you hadn't been aware of. You'll recognize themes, life-long desires and preferences. Through these recognitions, you may discover hidden meanings and even missions in your life.

# Try it Out!

## *Make a visual ambitions chart*

Have you ever wondered what you wanted to be when you grow up? Well now its time to make your ambitions come true...

How to make an ambitions chart:

Cut out some photos of what you want to become and paste it on a paper.

Underneath that mention by what year you want to achieve that goal.

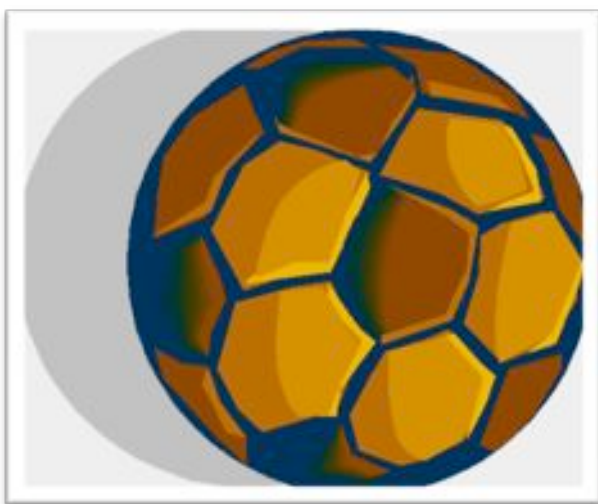
Keep pasting pictures and don't forget to mention by what year you want to achieve your goal.

Then track back...

If you want to become a footballer and you have won an award for best goalkeeper click a picture of you trophy and paste it near your ambition.

This way you will be able to visually represent your ambitions and how you are working towards them.

Go on and have fun.....



# Prompts:

- 1) Share this activity with your parents and get their feedback. (In the parents feedback section)
- 2) Make your friends and family do a legacy. Explain them the relevance behind doing it and then assess how they have done it.
- 3) Have a small family day and discuss the following topic: If you were to die in 24 hours what would do on that day..
- 4) Refer to Reflections page for the last prompt.

Wow - what would I do if I was gonna die?? YA - I would meet Lara and eat chocolates, and meet Donald Duck and paint a fence and.....



# Reflective Notes

Answer the following questions that will make you understand yourself better:

I am at my best when

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I am at my worst when

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I am truly happy when

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I want to be a person who

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Someday I would like to

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My deepest positive emotions come when

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My greatest talents are

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When all is said and done, the most important things are

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Possible life goals for me are

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**Parent**

**Feedback:** \_\_\_\_\_

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**Teacher**

**Feedback:** \_\_\_\_\_

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# Chapter 3 - IDENTITY T - SHIRT

"I am what I am and that's all that I am."



In this speech bubble - write down quotes that you think match the way you portray your identity.

**Student**

Hey Friend,

You have entered your teens and are embarking on a wonderful journey and an exciting adventure. Through the different activities in this book your identity has become much stronger and visible to you. However now it's time to make it visible to the world. And what better way to showcase it, than to wear it! Making your own identity T - Shirt will represent your identity to others. And as you all know your identity is much more than the grade you get in your exams. Your identity is made up of many attributes such as your choices, interests, likes, dislikes, hobbies, inspirations and more. Not only the content - but the way you design your T- shirt will show the real you. Also it is not only for others to see, but also this T- Shirt is a constant reminder for YOU so that you never forget what you are inside. Thus this T- Shirt will show your family, friends, and you who you are, what attributes form your identity and what you stand for. So go on, Explore, Introspect, Delve deep and Rock the T-shirt and your identity.....

**Teacher**

Respected Ma'am,

The students in your class have started their adolescent years. A very important journey in their life. These years can either be their best friends or their worst enemy. Their identity will really determine what they stand for. In each students mind, their identity is pretty much only the marks they get in their exams. However in fact their identity consists of many more attributes such as choices, interests, likes, dislikes, hobbies, inspirations and more. And to make those various attributes visible this T - shirt is designed. By seeing their T-shirts you teachers will also get to know your students better. Some qualities, likes or interests you did not know about will become very clear. So that is the relevance and we hope you and your children will benefit from this exercise.

**Parents**

Dear Parents,

Your children are growing up and their identity is growing with them. This identity is made up of many attributes such as their choices, interests, likes, dislikes, hobbies, inspirations and more. To make them and you see that their identity is formed of much more than just their exam marks we have an interesting exercise planned. Making an identity T-shirt will reassure their identity to the,. This T-shirt will also strengthen your

bond will them as you will be able to understand your child's identity better. So delve deep and enjoy.....

Let's Start



*To design your own identity T – shirt*

### **You will need:**

- A new T- shirt (round neck and light colour)
- Paints or markers
- Pictures and clippings
- Your legacy for reference
- And most importantly your creativity and imagination

### **What to do:**

1. Use your plain T-shirt as a base
2. Add all the 10 main aspects of your legacy in any way you want
3. You can chose to design both the sides of your T-Shirt
4. Your T –shirt is ready...

### **Ideas:**

- You can add your finger print or your hand print as it is your biggest identity.
- You can illustrate
- Paste pictures of your friends, family etc.
- You can add some quotes that describes you
- You can make a mind map – the centre being your name
- You can give it a brand name – maybe yours (A tag behind your T-shirt neck)
- You can design a logo that talks about you

### **References: These sites will help you create your custom identity T-Shirt**

<http://ezinearticles.com/?Positive-Attitude-Advice---Let-Your-Clothes-Empower-You&id=176139>

<http://www.press.uchicago.edu/Misc/Chicago/117987.html>

<http://www.teachernet.gov.uk/management/atoz/u/uniform/>

<http://www.blog.spoongraphics.co.uk/tutorials/creat-a-custom-t-shirt-stencil-design/page=z28apro5.htm>

# Take a look



**Examples:**

Given below are a few examples of what an identity T- Shirt looks like. These are children from the Riverside School who have done the same activity.

**Remember:**

These are pictures of *their* identity. Yours doesn't have to look exactly like theirs.



## 'Site' Seeing

By now you must have made your T-Shirts. However now check out these sites on Identity and clothing. It will just give you a global perspective on what people think on clothing and identity:

[http://findarticles.com/p/articles/mi\\_m0438/is\\_3\\_34/ai\\_81564754](http://findarticles.com/p/articles/mi_m0438/is_3_34/ai_81564754)

<http://www.shakespeare2.bham.ac.uk/clothing/home.html>

<http://www.retroduck.com/cart/shop.cgi/page=z28apro5.htm>

[www.instructables.com/id/EOZCJ6JQYLEWT1JZ99/8apro5.htm](http://www.instructables.com/id/EOZCJ6JQYLEWT1JZ99/8apro5.htm)

<http://ezinearticles.com/?Style-Consultations---Get-Your-Clothes-to-Match-Your-Own-Personal-Style&id=1287853>



Refer to these sites and have a lot of fun.. Try making your custom T-Shirts on the net. I am sure you will just love it.....

## SOME READING TO DO...

### What do your clothes say about you?

In a most unique experiment, John T. Malloy, author of *Dress for Success*, panhandled money around the Port Authority Bus Terminal and Grand Central Station in New York City. His approach was to stop people and say that he was terribly embarrassed, but he had left his wallet at home and needed 75 cents to get home. He did this for two hours during the rush hour. During the first hour he wore a suit, but no tie; for the second hour he wore the same suit, but added a necktie. In the first hour he made \$7.23, but in the second, with his tie on he made \$26.00, and one man even gave him extra money to buy a newspaper. His conclusion: *"No question then: The tie is a symbol of respectability and responsibility; it communicates to other people who you are, or reinforces or detracts from their conception of who you should be."*

After conducting literally thousands of studies, experiments, and tests over a period of years, Mr. Molloy concludes that what a person wears is directly related to the success he will have in life. Of clothing in general he concludes: *"We all wear uniforms and our uniforms are clear and distinct signs of class. We react to them accordingly."*

Clothes do say something about you! They openly reveal your attitudes — toward yourself (self-esteem), toward others (relationships), toward your work (its importance), and toward your God (reverence or lack of reverence toward Him). Immodest clothing is a dead giveaway of a person with loose morals. What you wear indicates the importance you attach to that which you are doing.

Feature a young lady at a Christian wedding ceremony coming before the marriage altar in blue jeans. This young lady obviously doesn't consider her wedding to be very significant.

Your concepts of your role as a man or woman are inseparably tied to your preference in clothing designs. Your philosophy of life will always be carried out, in part, by the clothing in which you present yourself to your world. Your clothing as a Christian will identify you either as a part of, or as separated from the perverted movements of the feminists, those who would break down all sexual distinctions, or those who would reverse the roles and identities of men and women.

We need to seriously ponder the questions: What does my clothing say to those around me? What is the message they are receiving? Does it reveal an attitude of indifference or a sense of responsibility, of modesty or of lust, of respect or of disrespect, of separation from the world or of conformity to it, of carelessness (sloppy dress advertises a careless person) or of dependability, of honesty or of



dishonesty?

## Try it Out!

*Read through this small passage and discover yourself...*

As you progress through life, you will be changing your look many times. Knowing your style personality will enable you to feel comfortable in your outfit, whatever the occasion. **Personality types can be divided into six styles** - keep in mind many have a combination of two types due to different environments or life styles.

### **Classic:**

This group finds it hard to dress down and mix and match their wardrobe instead they always prefer a smart, neat and tidy look. The Classic buy the best quality they can afford though they are not very fashion orientated- they prefer to stay with safe combinations at work and at home.

### **Contemporary:**

These men/women understand how to dress appropriately and will buy quality current styles but keep their look fashionable with the latest accessories, hair styles and make up. They will also adopt their wardrobe for different occasions without much effort, because they know what suits them.

### **Creative:**

A unique look is of high importance to them and they will spend time and money shopping for an interesting item in unusual shops and markets. They are great at putting interesting combinations of color, textures, accessories and fashion themes together. Creative people don't think of practicality or investments buy when buying clothes, but more of how this item makes them to stand out - their aim is a one of kind look.

### **Dramatic:**

They always want to make an entrance and wear clothes with a wow factor. Dramatics will always buy and wear the latest fashion even if it doesn't suit them, because they need not only to make a statement and but being the first to have the latest fashion is of high importance.

### **Romantic:**

They love pretty and feminine things and adore luxurious fabrics or details such as bows, ruffles, fringes etc. Romantics love the idea of dressing up and planning their wardrobe for every event, occasion or day to day wear.

## Prompts:

- 5) Share this activity with your parents and get their feedback. (In the parents feedback section)
- 6) Make your society friends do the T-Shirt. Explain to them the relevance of making an identity T-Shirt. Show them you're T-shirt and let them get inspired.
- 7) Sit with your family and uncover their identity. Then let everyone in your family make their own identity T-Shirts. After everyone has their own – Conduct an identity parade.
- 8) Refer to Reflections page for the last prompt.
- 9) Gift a friend their own identity T- shirt. Discover their identity by making them do a few activities from this book.

The first thing I am going to do when I get home is make an identity T-Shirt for Lara.... :D







# Reflective Notes

Have you understood yourself better? If yes then how? And if no then why not?

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What do you know about yourself now that you did not know earlier.

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Has this exercise helped you? If not why and if it has then why...

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# *Additional Notes:*

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**Parent**  
**Feedback:** \_\_\_\_\_  
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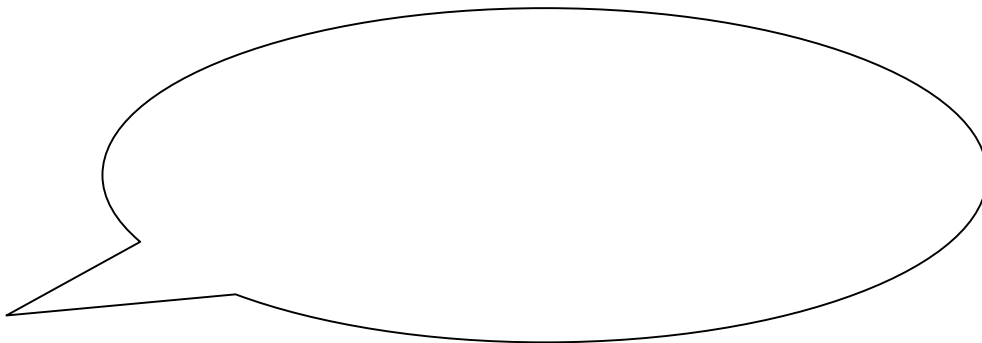
**Teacher**  
**Feedback:** \_\_\_\_\_  
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# Identity Poems

“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be.”



In this speech bubble – write down quotes that you think match the way you portray your identity.



### **Student**

Hey student!

You have already started your journey and adventure of discovering your identity and now you got to write identity poems.

You would have till now discovered lots of aspects of your identity and what better time then now to delve deeper into yourselves and find out your strongest identities and thoughts and then putting them on paper and that too in a creative manner?

While writing the poems you will find things out your strongest identities and deepest thoughts on yourself. You know that your identity is your personality, character, your choices, your nature, your behaviour, geographical location, etc. and now you just have to put down your identity in the form of a poem.

Writing a poem is lots of fun, especially when it is on us.

So Good Luck!!!

### **Parent**

Dear parent,

The identity poems written by your children will help them understand their identity much better. While writing their poems they will come to know their strongest identities and thoughts.

They know that their identity is much more than the marks they get, their identity is about their nature, character, personality, looks, their geographic location, etc. and now they will put the things they feel are the most important parts of their identity on paper in a creative manner. They will get better at language, enjoy writing poems and also know who they are better; and all at the same time.

I hope you will help your children delve deeper into themselves.

### **Teachers**

Respected Teacher,

The identity poems which are to be written by the students will help them a lot. The poems will enable them to delve deeper in themselves and find their strongest identities.

The students know that their identity is their personality, character, their choices, their looks, their nature, etc. Now they will put their identity on paper in the form of a poem which will not only help them get better at language but they will have fun writing poems and they will understand themselves much better after writing their poems.

I hope you will encourage the students to write their identity poems.

Let's Start



*To write your own identity poems"*

**You will need:**

- A pen/pencil
- A paper

**What to do:**

5. Grab a paper / notebook and a pen.
6. Write down you thoughts, feelings and any other definitions of identity as a whole and your own identity on a piece of paper.
7. Decide the format of your poem. It can either be a Haiku, a Limerick, a rhyme or just a simple poem. It will help to try and write the poem in all formats with your actual text in it just to see how it sounds and read like.
8. Now that you have decided your format, go ahead and make your poem. Make sure it *does* follow whatever format you have picked. You can add anything else to make the poem funnier or intellectual'er'. Don't worry, it's your poem and therefore there are no rules to it. The only rules would be rules set by you.

**Ideas:**

- You can make a mind map before you start (putting down what you want to include n your poem)
- Try sitting in a place where you can write your poem comfortably

TA DAH!!! Your poem is ready

Take a



*Identity: I-d-e-n-t-i-t-y,  
What is it really?  
We know now it more than grades  
Of that, let us not keep covering it with shades.  
The dictionary says: who or what something is  
But we know there is a plurality to this.  
You could be an Indian, a write, an economist, a cook  
And others, as we know from Amartya Sen's book.  
And so we have this kit,  
To help find your identity and keep it fit.  
To stop you from taking the wrong load,  
Upon your shoulders, walking with the wrong load.  
This kit will find your identity for you,  
Mark my words, we won't let you get caged in the grades' zoo  
Identity: I-d-e-n-t-i-t-y  
Have you found it now?*

This is just a sample. Check it out but *don't* copy it. Also there's no need to do the same format. Your identity, thoughts, feeling and definitions are yours and not the person's who wrote this poem. Right?



## Site Seeing

Here are some sites for you to visit and see more identity poems. Visit them and see the poems on identity written by others...

- <http://brainstorm-services.com/wcu-2004/identity-poetry.html>
- <http://www.poemhunter.com/poem/identity-of-a-person/>

These sites will help you write your identity poem as they will make you realise what an identity poem is; that is if you are confused.

## SOME READING TO DO...

A poem by Robert Frost, read the poem and then the article below it.

### **The Road Not Taken**

Two roads diverged in a yellow wood,  
I'm sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden back.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less travelled by,  
And that has made all the difference.

This poem seems to emphasize the importance of choices. The choices we make, the decisions we make, are really instrumental in determining who we are, what we make of ourselves. The choices “make all the difference.” A darker way to read the poem is to notice how the speaker questions whether he really did have any significant choices, whether one path really was different from another, and whether the choices he made really did make any difference. But even in this reading we could conclude that a theme of the poem is that if we did have choices, they would make all the difference. So what have been your important choices so far? How have they made the difference in shaping who you are? Think about it.

# Prompts:

1. Come up with a poem which perfectly describes you.
2. You and your family come up with a poem, which includes the identity of your family.
3. an Identity poem with one of your society friend

**Answer !!!!!!!**

Q-1 Why do you think this poem is important part of our identity?

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Q-2 Did this activity reveal anything about your identity? What?

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# Reflective Notes

Have you understood yourself better? If yes then how? And if no then why not?

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What do you know about yourself now that you did not know earlier.

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Has this exercise helped you? If not why and if it has then how?

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**Parent**

**Feedback:** \_\_\_\_\_

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**Teacher**

**Feedback:** \_\_\_\_\_

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