

## Core Competencies: Personal Social – I am unique PART 2

<b>Curriculum: Personal Social</b> <b>-Positive Personal and Cultural Identity</b>	<b>Learning Goals:</b> I can identify things that make me ME-unique, special and with unique strengths, feelings, thoughts and worries
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### Materials

- Pencil
- Art materials for colouring
- IF AVAILABLE a printer to print the attached activity, OR;
- Blank piece of paper

### Activities

I Am.

1. Think about what makes you YOU. Have a parent print the attached activity **or** write it on a piece of paper.
2. Complete each line, choosing carefully the words you feel best describe you. If you have trouble brainstorming, talk to a family member or friend to think about words that best describe you. Sometimes it is hard to write about ourselves!
3. Share your 'I Am' poem with your family.

#### Extension:

1. Watch [The Day We Begin](#) by Jaqueline Woodson. She asks the question: What makes you so fabulously different from everyone else?

# I am poem

I am \_\_\_\_\_  
(two special characteristics about you)

I wonder \_\_\_\_\_  
(something you are curious about)

I want \_\_\_\_\_  
(a desire you have)

I worry \_\_\_\_\_  
(something that bothers you)

I am \_\_\_\_\_  
(repeat the first line)

I understand \_\_\_\_\_  
(something I know is true)

I say \_\_\_\_\_  
(something you believe in)

I dream \_\_\_\_\_  
(something you hope for)

I pretend \_\_\_\_\_  
(something you pretend to be)

I am \_\_\_\_\_  
(repeat the first line)