



# ACTIVITY: Identity Map



What makes you... you? It's sometimes hard to define who we are as we are constantly growing and changing, but our identity should always be respected, recognised and valued.

This exercise will show you lots of ways to define your qualities and identities and create an identity map. Sometimes others may define us and this can affect how we see ourselves. In this activity however, let's focus on how you would like to describe yourself.

We can define who we are using different characteristics, qualities and beliefs such as religion, race, nationality, gender, our passions, what music we like, our favourite sports and other personal things. These could be things like where you were born or what your favourite subject at school is.

We are not just one thing, but many things all at once and that is what makes every single one of us so interesting and unique.



## What makes you... you?

Take a couple of minutes to think about all the things that make you you! Here's some questions to help you get started.

- What's your favourite film?
- Do you like a particular sport?
- What's your favourite subject at school?
- Do you have a faith or religion?
- What music do you like?

If making some notes helps you to think, use this space here:

### NOTES:

# My Identity Map:



**You can add as many or as little stems as you want to your map use you notes to help with your ideas. Some stems might branch off into others as you go.**

## Map example:

