



ACTIVITY: Identity Map



Ever thought about what makes you, you? It can be a bit tricky because we're always changing and growing. But one thing's for sure: you should always feel good about who you are.

Your identity is like a jigsaw puzzle with lots of pieces that together make you who you are. In this activity, we're going to make a map that shows what makes you, you.

Sometimes, people might say things about us that don't feel right. But today, let's focus on how YOU want to describe yourself.



What are all the things that make you you?

What is your favourite film?

What is your favourite sport?

What is your favourite subject at school?

What is your favourite music?

Do you have a faith or religion?

Anything else?

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:

