

# MY IDENTITY (WHO I AM) LESSON PLAN



## MY IDENTITY (WHO I AM) - LESSON PLAN

LESSON TITLE:  
**MY IDENTITY  
(WHO I AM)**

### AIMS

This lesson will:



- Help students to gain a greater understanding of 'self' and their stage of development.
- Introduce Erik Erikson's Stages of Human Development.
- Explore the meaning of 'identity.'

### OUTCOMES

At the end of this lesson students will be able to:



- Summarise Erik Erikson's Stages of Human Development.
- Explain what identity means.
- List and explain the aspects that make up a person's identity.

### LINKS TO JUNIOR CYCLE KEY SKILLS

- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge).

### LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING

In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Bring an idea from conception to realisation.

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**LINKS TO WHOLE SCHOOL GUIDANCE**

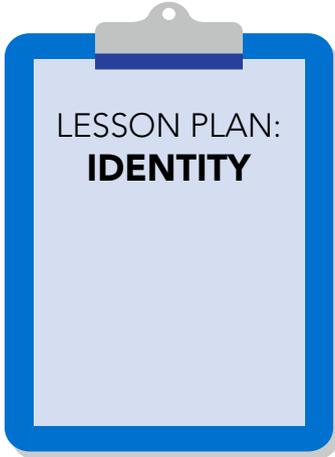


**Developing Myself**

In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.

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### MATERIALS NEEDED FOR THIS LESSON

BY TEACHER	BY STUDENTS
<ul style="list-style-type: none"><li>• PowerPoint</li><li>• Worksheet</li></ul>	<ul style="list-style-type: none"><li>• Worksheet</li></ul>

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### OPENING 'THE HOOK'



**Ask Students: Have you ever wondered about the following?**

Who am I?  
Who am I, separate from my parents? Different from my siblings?  
Am I someone people enjoy being with? How do I fit in with my friends?  
How do I maintain my own values while still having others like me?  
Who am I attracted to?  
Will anybody ever be attracted to me?  
How will I choose to earn a living?  
What am I good at?  
What are my strengths? How do I compensate for my limitations?  
How will I contribute to the world?  
What do I believe?

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**BODY OF LESSON**

**TEACHER  
ACTIVITIES**

**STUDENT  
ACTIVITIES**

After introducing the lesson’s aims and outcomes introduce students to the work of Erik Erikson.	Students learn about Erik Erikson’s Stages of Development.
Tell students today’s lesson will focus on Stage 5: Identity . Explain Stage 5: Identity.	
<b>Identity Word Cloud</b> Students asked to: Pick out the words from the list that describe them and create an ‘identity word cloud’ of how they see themselves.	Students examine list of words and pick out what describes them. Students then create an ‘identity word cloud’ like the one given in the example.
Feedback on Identity Activity.	Feedback on Identity Activity.

**CONSOLIDATION OF LEARNING**



After the discussion on identity the teacher re-examines the lesson’s aims.