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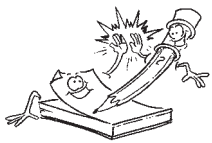
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# Who Am I?

**“I think self-awareness is probably the most important thing towards being a champion.”**

Billie Jean King, U.S. tennis champion

The more you know about yourself, the more you can use your talents, skills, and abilities to reach your potential. Self-awareness is the key that unlocks the door to liking and knowing yourself better. Show who you are!



## Name Collage

drawing paper • magazines • scissors • glue • markers

Show how your name fits you. Create a collage or a group of letters and symbols that illustrates who you are. Cut pictures and words from magazines or draw a picture of your name with images and letters. Illustrate your first name, last name, or both. Look at your picture-name. Do you think it suits you? Do others think so?

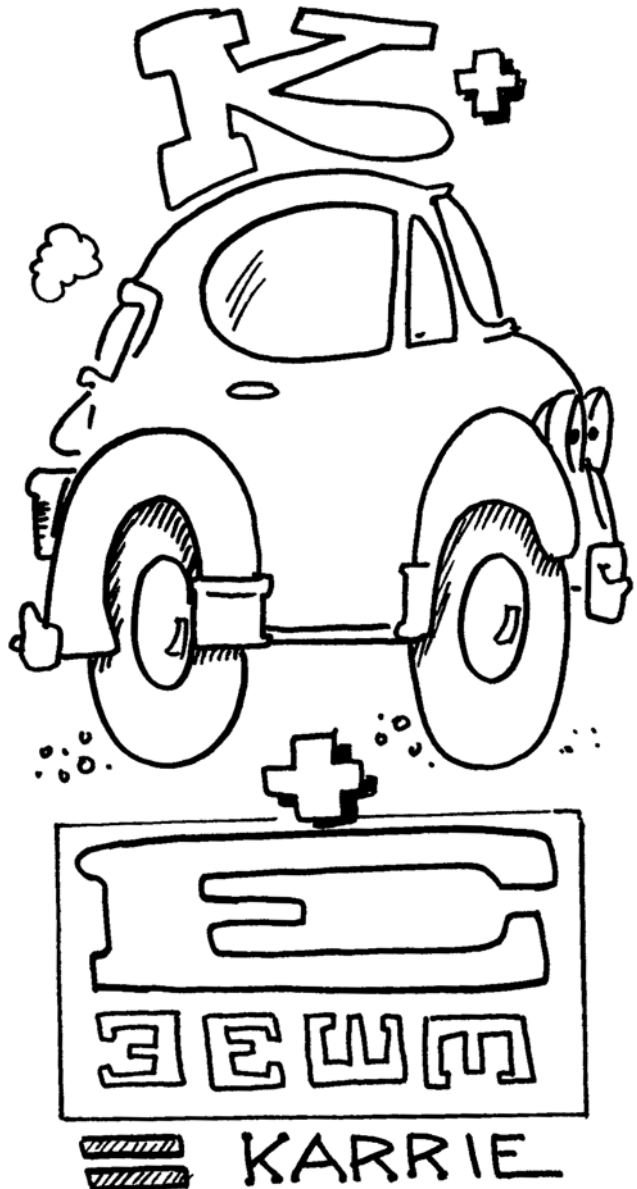


## Lollipop Self-Portrait

bubble gum • lollipops in wrappers • colored paper • scissors • glue

**Tip:** If you can't use gum, a little clay or Play-Doh works just as well.

Be a 3-D “portrait pop”—a lollipop fashioned to look like *you*. While you spend a minute chewing gum, think about how you will show a portrait of yourself using a lollipop and colored paper. Put the softened gum on a piece of paper. Insert the lollipop stick in the gum base. The wrapped candy top will be your head. The stick will be your skeleton. Cut small pieces of paper to create your facial features, hair, and clothes. Glue them on. Add details that make the sculpture uniquely you. Enjoy this artful treat after you complete it.





## Favorite Snack

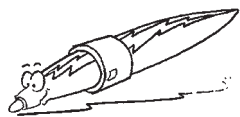
Compare yourself to your favorite treat. Is your personality like *granola*—a mix of interesting and very different qualities? Do you bubble and fizz like *soda*? Are you bright, perky, and *apple-cheeked*? Long, lean, and lanky like *licorice*? Discuss these ideas in small groups. Do others see the same connections?



## Favorite Music

radio or CD or tape player with favorite music

All together now, lip-sync and mime to music you enjoy. Let it bring out your fun and physical side. Dance, sing, and move alone or in small groups, just like the masterful musicians of your time. Why do you like these entertainers? How do their words and music speak to you? About you?



## Guess Who?

small slips of paper (fortune-cookie size) • small film canisters (free at photo shops)

Jot down facts and memories about your life—information that would help someone know it's you. Were you part of a school game, play, or concert? Are you famous for your sense of humor? Write your clues on small slips of paper. Place them in a film container. Mix up the containers and pick one out. Read someone else's clues. Can you guess who it is?



## Think About It, Talk About It

- You are about to be introduced to a great world leader (a president, king or queen, or prime minister). She or he wants to know who you are—but you can only say one sentence. What will you say?
- Why is it important to know who you are?
- Is it possible to be too self-aware? Why or why not?



## Affirmation

I'll get to know myself better.



## Resources

### For Students

Charlip, Remy, Lillian Moore, and Vera B. Williams. *Hooray for Me!* (Tricycle Press, 1996). This cheery celebration of self by a trio of award-winning picture book creators provides delightful food for thought (“I am my shadow’s body,” “I am my cousin’s cousin”). Ages 4–8.

Stein, Deborah. *Attitude in a Jar™ for Kids* (Honor Press, 1995). Inside this jar are 365 attitude slips designed to help young people feel good about themselves and face each day with insight. All ages.

# Quick and Lively Classroom Activities

Meaningful Ways to  
Keep Kids Engaged  
During Transition Time,  
Downtime, or Anytime

**53** reproducible handout  
masters included in book  
and on CD-ROM



Make the most of every moment in your classroom by keeping this book close at hand. Energize your students during advisory, homeroom, or “between” times with purposeful, enjoyable activities custom-made for 15- to 20-minute periods during the school day—times too brief to start something big and too long to waste.

### Look inside for:

- 52 themes (one for each week of the year), grouped within 5 sections: “Knowing Myself,” “Getting to Know Others,” “Succeeding in School,” “Life Skills,” and “Just for Fun”
- 5 activities per theme (one for each day of the school week)—260 brief, stimulating activities in all
- Inspiring quotations related to each theme
- Hundreds of thought-provoking discussion questions
- Affirmations that keep students focused on the themes
- Resources (books, music, Web sites, and more) in case you and your students want to go exploring
- All 53 reproducible handout masters included on CD-ROM for easy printing

From “Proud to Be Me” to “Getting to Know You,” “Making Peace,” “Managing My Time,” “Learning New Words,” “Imagining My Future,” “Solving Problems,” “Handling Teasing,” “Inventing,” and many more, these are activities your students will love—and benefit from. They’ll try new things, explore new ideas, and make new discoveries. They’ll gain a better understanding of themselves and others, and a greater appreciation of the wonderful experiences they can have in your classroom.

When you want to jump start the morning, cure the midday blahs, or end on a positive note, reach for *Quick and Lively Classroom Activities* and liven up your day!

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