

# Exploring Your Identity

## Instruction page

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### Activity Type

**Age:** 4-18+

**Participation Style:**

1-1 activity  
Solo activity

**Theme:**  
Creative  
Reflective

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### General Activity Info

#### Exploring Your Identity

Your identity is how you think about, describe, and express who you are. It can include roles or traits such as being a sibling, a student, an animal lover, an athlete, or a kind-hearted individual. Understanding your identity can help bring meaning and direction to your life.

#### Instructions:

List the different parts of your identity and illustrate what each one represents to you. For example, you could draw how you see yourself, items or tools related to that role, or symbols that reflect that aspect of your identity.

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### Materials Needed

- A printed copy of the worksheet (there are a few variations to choose from).
- Variety of colourful pens.
- Optional: You could collage the frames using cut-outs from old magazines.

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### Step by Step Instructions

1. List or the different/key parts of your identity and illustrate what each one represents to you in each Phrame.
2. For example, you could draw how you see yourself, items or tools related to that role, or symbols that reflect that aspect of your identity. be creative use the phrames however you like.

the  
therapeutic  
resource  
platform











