

I AM

Principle 1: Live Each Day With Courage

Principle 2: Take Pride In Your Work

Principle 8: Talk Less and Say More

Group Size:

4+ participants

Materials:

*"I AM" Handout^ - (see Appendix 2)

*Markers / Pens / Pencils

Objective:

The objective of "I AM" is for the students to discover the descriptive words and phrases that describe "who they are" in relations to living each day with courage.

Activity:

1. The students write words and phrases that describe themselves inside the capital "I" on the handout.
2. Encourage the students to think deeper on the words and phrases that they choose.
3. Give a few examples to get them started such as friendly, loyal, thoughtful, hard worker, etc.
4. When they are finished writing the words and phrases, decorate the paper.

Notes: This activity will help students understand that by knowing and discovering attributes about themselves, they will be able to have the depth of knowledge of *who they are* to face and live each day with courage.

^Portfolio Ideas:
This handout could be included in the portfolio.

Discussion:

- Ask students to share some of the things they wrote that they are comfortable sharing with the group.
- What do these descriptive words and phrases have to do with "_____ " Principle?
- Does it take courage to do this activity? Why or why not?

Life Application & Purpose :

- Think of the words and phrases you used to describe yourself; were there more that described *physical things* or more that described intrinsic, or inward qualities?
- Can you face each day with courage by knowing more about yourself? Why or why not?
- What Principle do you feel you displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...