



## IDENTITY BOX EXERCISE

### YOUR TASK;

Think about your Identity.

Make a list of things that make you who you are (examples shown in the video).

Then find or create examples to display within your Identity Box.

You may want to cover your box in paper adding drawings or words / images that mean something to you. It's your choice!

Then begin to add things to your Box and remember, you can always add to or change things when you want.

The link to the video to support you

<https://youtu.be/lzFBDUqfGo>

### What you will need;

A Box that you are allowed to use

Possibly something to write or draw with

Things that make you YOU!

### REMEMBER;

IT'S GREAT TO BE PROUD OF WHO YOU ARE - BUT NOT TO THE POINT WHERE YOU THINK YOU ARE BETTER THAN ANYONE ELSE BECAUSE OF THIS!

