



Welcome to the Journey of Self-Discovery

Welcome to this exciting journey of self-discovery! In this lesson, we will explore your character and create a unique personality. You will learn to identify your strengths, weaknesses, values, and passions, and develop a deeper understanding of yourself and your place in the world.

Lesson Objectives

- Analyze your strengths, weaknesses, values, and passions
- Create a visual representation of your character and personality
- Evaluate the importance of self-awareness, self-acceptance, and self-expression
- Synthesize your learning by creating a personal manifesto



Lesson Plan

Introduction and Icebreaker (10 minutes)

- Welcome students and introduce the topic of self-discovery
- Ask students to share their name, favorite hobby, and something unique about themselves

Self-Reflection (20 minutes)

- Distribute a self-reflection worksheet that asks students to identify their strengths, weaknesses, values, and passions
- Have students complete the worksheet individually and then ask for volunteers to share their responses with the class

Group Discussion (20 minutes)

- Divide students into small groups and ask them to discuss the following questions:
 - What are some common strengths and weaknesses that people share?
 - How can we use our strengths to overcome our weaknesses?
 - What are some strategies for developing our passions and values?

Creative Expression (20 minutes)

- Provide students with a variety of art supplies, such as markers, colored pencils, and paper
- Ask them to create a visual representation of their character and personality, using symbols, colors, and images that reflect their strengths, weaknesses, values, and passions

Conclusion and Reflection (10 minutes)

- Summarize the key takeaways from the lesson
- Ask students to reflect on what they learned and how they can apply it to their everyday lives



Guided Practice

Character Traits Sorting

- Objective: To identify and categorize different character traits
- Scaffolding Strategy: Provide students with a list of character traits and ask them to sort them into categories

Personality Profile

- Objective: To create a visual representation of one's personality
- Scaffolding Strategy: Provide students with a personality profile template and ask them to fill it out

Role-Play Scenarios

- Objective: To practice social interactions and develop empathy
- Scaffolding Strategy: Divide students into pairs and provide them with role-play scenarios



Independent Practice

Character Traits Journal

- Instructions: Keep a journal for one week and write down one character trait you demonstrated each day
- Success Criteria: Students will be able to identify and describe at least five different character traits

Personality Profile Presentation

- Instructions: Create a presentation that showcases your personality profile
- Success Criteria: Students will be able to create a clear and concise presentation that effectively communicates their personality profile



Subject Knowledge

Character Traits

- Definition: The unique qualities that define an individual's personality
- Example: Kindness, empathy, and creativity

Personality Types

- Definition: The different categories that individuals can be grouped into based on their characteristics and behaviors
- Example: Introvert, extrovert, and ambivert



Extended Knowledge

Self-Awareness

- Definition: The ability to recognize and understand one's own thoughts, feelings, and behaviors
- Example: Practicing self-reflection and self-awareness

Emotional Intelligence

- Definition: The ability to recognize and understand emotions in oneself and others
- Example: Practicing empathy and self-regulation



Conclusion

In conclusion, exploring your character and creating a unique personality is a journey of self-discovery that requires patience, courage, and support. By following the lesson plan and activities outlined in this welcome pack, you will gain a deeper understanding of yourself and your place in the world.