



# I AM...

## Why?

This is a great activity to pair with many of the presentations like: "Building empathy", "Self-image", and many of the intersectionality topics. Many of us "know" each other within a club or group, but do we really know someone? This activity takes this concept deeper and also allows for students to take the time to build others up.

## How To

- Materials: construction paper, writing/coloring materials, optional: students bring a picture of themselves printed out.
- Have each student paste/draw a picture of themselves on a piece of paper.
- Around the picture, they are to write words/phrases/statements that describe them. (physical traits, identity, how they think of themselves both positive and negative) "I am \_\_\_."
- Take turns, as you come to each person, the rest of the group takes time to share positive words/phrases that describes that person. The person being described writes these down on their own paper. "You are \_\_\_."

## Tips

- Wait to do this activity until later in the year when your club members know each other better.
- If time allows afterwards, the student can discuss how each one relates to them (small groups or whole group).

## Timeline

Can be done closer to the time, but give heads up if you want students to bring a picture with them.