

Physical and Health Education 4 –Assignment 4.2 Who Am I?

Create a small poster, document, slide show/powerpoint, infographic, selfie art, or word art that shows your identity.

STEP ONE: Planning: Brainstorm ideas and words that show your identity for each of the following areas:

Strengths and Interests – What do I like? What am I really good at? (At least 3)	
Values – What do we think is important? What do we think is right and wrong? Examples: Honesty, Kindness, Generosity, Good Manners, Loyalty, Determination, Creativity, Teamwork, Curiosity, Leadership, Patience, Trust, Acceptance, Cooperation (3 or more – choose the “most important” to you)	Personality – What are you like? How would someone describe you? (At least 3)
Where am I from? Culture / Language / Ethnicity / Religion (At least 2)	Gender Identity (1) – How do you identify? Examples: Cisgender Male, Cisgender Female, Transgender Male, Transgender Female, Non-binary

STEP TWO: Decide how you want to share your identity (small poster, document, slide show/powerpoint, infographic, selfie art, or word art). If you choose infographic, selfie-art, or word art, there are special directions in the assignment drop box to help you out.

Your teacher will be looking for:

- 3 (or more) strengths / interests
- 3 (or more) values
- 3 (or more) personality words
- 2 (or more) “Where I am From”
- 1 Gender Identity