



## Lesson 04 - Identity & Storytelling

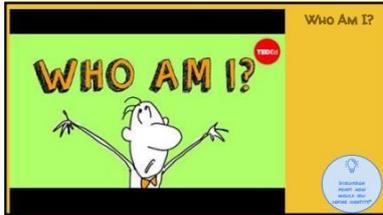
<p>Lesson Objectives</p> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>• Understand that Identity is very difficult to define yet an important foundation to establish in life</li> <li>• Start putting some language around their personal identity</li> <li>• Understand a broader concept of storytelling and its application in life and work</li> </ul>	<p>Resources</p> <p>GS <a href="#">Teacher Guide Presentation</a> (TGP) GD <a href="#">Student Task Sheet</a> (STS)</p> <p>Students will need their devices to access the digital material posted on the 10RWT GC</p>
<p>0-5 min</p>	<p>Settling into classroom space and taking the roll. Students access GC and make a copy of this lesson's task sheet. Quick recap - 1 min box breathing practice - slide 2 of TGP.</p>
<p>5-15 min</p>	<p><b>Who Am I?</b></p> <p>Identity is a difficult concept to define. Use the TED Ed lesson video "Who Am I?" to start a discussion on what Identity is - slide 3 of TGP. <b>STS - the first activity of the student task sheet is to take some notes based on video and discussion.</b></p>
<p>15-30 min</p>	<p><b>Identity Circles:</b></p> <p>One way of defining Identity is offered - slide 4 of TGP. Chat through these ideas which lead to an example of an Identity story. <b>STS - students follow along with the task sheet. The Identity story is on the task sheet for students to read through.</b> Note: this is my personal story. Feel free to use any other example you can think of if preferred. Then link back to the Te Whare Tapa Whā model discussed in Lesson 02. This time the focus is on Whenua/Land/Roots as a way of anchoring Identity - slide 5 of TGP. <b>STS - students can now complete the Identity Circles activity on the task sheet as directed.</b></p>
<p>30-55 min</p>	<p><b>Storytelling:</b></p> <p>Being able to express information, ideas and knowledge in an interesting and captivating way is an essential Real World skill these days. One of the best ways to get good at this is to practise becoming a storyteller. The foundation of good storytelling starts with telling your own story. We will use our ideas around Identity to give storytelling a go. Briefly chat through the quotes - slide 6 &amp; 7 of TGP. Then look at the P!nk example - slide 8 of TGP. Listen to the lyrics of the song paying particular attention to the sound bites in the extended intro. How does this song help us understand P!nk's identity story? <b>STS - students follow along on the task sheet. Then give students a chunk of time (hopefully a good 15 min) to complete the Storytelling activity on the task sheet.</b></p>
<p>55-60 min</p>	<p><b>Quick recap</b> (slide 9 of TGP) <b>and pack up</b></p>



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## Identity & Storytelling

### Who Am I?

[Watch this video.](#)

Make some notes on what **Identity** is from watching the video:

### Identity Circles:

What is Identity and why is it important?

Identity is such an individual understanding. And yet at the same time many of us seem to draw our sense of Identity from the community around us – our ancestors, our geography, our family, our culture, how we were raised in our community.

**It is about who you think you are and how you think about yourself.**

Even though Identity is such a tricky concept to define, how we see ourselves and our Place in the World is important. A lack of Identity, or a struggle to find Identity, can be one of the most difficult challenges to negotiate in this life. That internal struggle makes it difficult to show up with integrity in our relationships with others and the World around us.

As difficult as the challenge is, we need to take some time to put some language around our sense of Identity.

Let's look at an example of an Identity Story...

I will share a little about my search for a sense of Identity. This has been a Journey for me. My view has changed as I have been given more information about my Family history, including the results of a DNA ancestry test. It has also changed as I have seen more of the World.

I was born and grew up in Mzansi (South Africa). I have always felt I am African. Most people look at me strangely when I say this. I guess it's because of the green eyes, blonde hair and freckled skin! But Africa is where I feel most at home, most settled and comfortable in who I am.



I have realised that a big part of Identity for me is linked to the land, to the natural World where I was born. Because I was born African it is things like the red dust, the smell of rain over the savanna, the prickly heat off the acacia trees, the coppery sun sinking to the horizon, the sound of the fish eagle or the woodland kingfisher or the lion roar that makes my soul sing.

When I was twelve years old I had a school project to draw my Family tree. To achieve this I had to spend time with my grandparents, listening to Stories from their past. I was lucky enough at that time to still have living great grandparents on my mother's side, which added a further richness to my project. Until that project came along, I had no idea how interesting Family history could be.

Over the years I have continued to build on that early Family tree. I am so grateful to have had the chance to hear my Family Stories from my great-grandparents and grandparents. I feel a sense of responsibility as the keeper of my Family history. I have since travelled to some of the places where my ancestors were born and grew up. All of these Places are in the north of England and Scotland. It turns out that I have very Celtic roots. I have become fascinated with exploring that culture and its history.

I am drawn to Nature in a very Celtic way and I like to think this is the influence of that ancient ancestry. The World view of the Celts honoured the force of Nature in every aspect of their lives. I have a similar sense of Connection to the Celtic lands and peoples to the bond I feel with Africa. So now I would describe myself as an African Celt 😊

But My Story is just one way of thinking about Identity. I talk to lots of people who see Identity in very different ways. However you understand Identity, the key is to develop a strong sense of Identity that gives you confidence to step out bravely and take Your Place in the World.

SOURCE: [www.purespaces.education](http://www.purespaces.education)

Now let's connect Identity with our Hauora model - Te Whare Tapa Whā...

<p>The diagram shows a house with four pillars. The pillars are labeled: Te Taha Wairua (Spiritual) at the top left, Te Taha Hinengaro (Mental &amp; Emotional) at the top right, Te Taha Tinana (Physical) at the bottom left, and Te Taha Whānau (Family &amp; Social) at the bottom right. The base of the house is labeled Whenua (Land, Roots).</p>	<p><b>What is whenua?</b></p> <p>Whenua is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone. Whenua includes soil, rocks, plants, animals and the people inhabiting the land – tangata whenua. We are linked physically and spiritually to the land – it is the earth through which you are connected to your tūpuna/ancestors and all the generations that will come after you. You can also think about whenua as your place of belonging – that means the spaces where you feel comfortable, safe and able to be yourself, which could be at mahi/work, in a sports team, with your friends, or at home with your whānau.</p> <p>Source: <a href="https://mentalhealth.org.nz/getting-through-together/wellbeing-for-parents-and-whanau/te-whare-tapa-wha-GTT">https://mentalhealth.org.nz/getting-through-together/wellbeing-for-parents-and-whanau/te-whare-tapa-wha-GTT</a></p>
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**REFLECTION:**

How does the concept of **Whenua** explained above help you understand Identity?  
How could the concept of **Whenua** help anchor you?

**Your Turn:**

Start to explore your Identity by adding words to the columns below the Identity Circle. What words, ideas, concepts do you associate with your personal identity, your family identity, your cultural | community identity and how you see yourself in the wider world?



<b>ME:</b>     	<b>FAMILY:</b>     	<b>CULTURE   COMMUNITY:</b>     	<b>WORLDVIEW:</b>     
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## Storytelling:

Storytelling is an ancient and powerful way of generating bonds and transmitting knowledge. When we hear stories of other people's lives, we may be inspired to 'do as they do' or make one of their goals our own. Other people's stories can also help affirm the goals we already have.

source: <http://www.infinite-game.net/manual>

Language is our portal to meaning-making, connection, healing, learning and self-awareness. Having access to the right words can open up entire universes. When we don't have the language to talk about what we're experiencing, our ability to make sense of what's happening and share it with others is severely limited... Language shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding and meaning.

source: Brené Brown - Atlas of the Heart



### An example of a strong sense of identity expressed through a form of storytelling:

P!nk (Alicia Beth Moore) is an American singer-songwriter famous for her strong opinions and outspoken lyrics. She shows a strong sense of Identity and self-awareness. In her honest way she would admit that she did not always feel this way. It has taken time and a willingness to journey to self-awareness to get her to the point of being able to authentically express her story.

Listen carefully to the lyrics of her song "[What about Us](#)". Pay particular attention to the extended intro with voice clips.

What can you tell about her sense of Identity from this track?

### Your Turn:

Using this P!nk song and the Identity story shared with you earlier as well as the language you came up with in the Identity Circles activity to complete this Storytelling activity.

Answer these questions as fully as you can:

Who were my ancestors?

How did my parents come to be in the place where I was born?

Is there a place I am particularly attached to? What is special about it?

What do I carry with me from my childhood and the place I am attached to?

What does my daily life consist of?

Which people do I care for most deeply?

Who supports me to live my life?

How do I 'fit' with the society around me?

How do I 'not fit' with the society around me?

What are three social changes that would make life better for me or those I care for?

Now use this space to plan out how you would express your Identity Story:

### Extra Resources:

Highly recommended reading: **Brené Brown**, [Atlas of the Heart: mapping meaningful connection and the language of human experience](#), Vermilion, 2021.

[The Healing Power of Storytelling](#)