

1-1

Mapping Your Identity

Welcome to the team and Task 1-1. As you heard, you will be making many decisions as a team during your research about food and nutrition. Many of the decisions you will make in your research may be influenced by your identity. Since your team will be making many decisions together, it is good to learn more about the different identities of your team. In future tasks, you will use this identity map to see if parts of your identity are causing you to think in one way or the other. So keep your identity map in a safe place.

Objective



In this task, each team member will make an identity map about themselves.

1. Go to the Task 1-1 folder to get the identity map instructions, Think, Pair, Share instructions, and discussion questions. This task has only one version for everyone.
2. Discuss using Think, Pair, Share instructions to develop categories for the question, "Who am I?" or, "What different things about me make up me?"
3. Add your list of extra identity map categories to the Task 1-1 folder.
4. Look at the identity map example in the instructions to see what they look like.
5. Use this list of categories, plus the ones you added, to create an identity map for yourself.
 - Team members should keep their identity maps safe for future tasks.
6. Pick one thing from your identity map that you can share with the team. Circle it!



Research Tip



The Task folders can be found at: ssec.si.edu/food
When you see this blue arrow you should go to the task folders there. Find the Part 1 folder, then the Task 1-1 folder. All of the additional resources will be there. Try it now!

Hooray! You completed Task 1-1. Check it off the task list. *Go to Task 1-2!*





Task 1-1. Mapping Your Identity

Identity Map Instructions

Identity maps are a graphic tool that can help people better understand the many things that shape who they are as individuals. These are also things that can influence a person's thoughts or the decisions they make in different situations. Each team member will create an identity map to deepen their understanding of themselves and their team members.

1. **Think, Pair, Share** how you would answer the question, "Who am I?" or, "What different things about me make me?"
2. After the Think, Pair, Share conversation, brainstorm a list of categories you might use to describe someone's identity or who they are.
3. Add the categories below to your list. These will be used when creating your identity maps.
4. Look at a sample identity map.
5. Write your name in the middle of a piece of paper. (Optional: Draw a small picture of yourself.)
6. Using the list of categories, have each team member create an identity map around their name and picture.
7. As a team, answer the discussion questions.

Think, Pair, Share Instructions

Think: On their own, have each member of the team quietly think to themselves about the question or topic that has been presented. Take a few minutes to let each team member make notes or a list of ideas on their own.

Pair: Pair each team member with another team member or a small group. As a pair or small group, students will share their ideas with one another.

Share: Students share their list of ideas with their partner. Team leaders expand the sharing into a whole-class share or discussion.

Identity Map Categories

Age

School/class

Race

Gender

Nationality



Ethnicity

Family background/origin

Role in family (sister, brother, cousin . . .)

Interests

Hobbies

Religion

Things you like to do

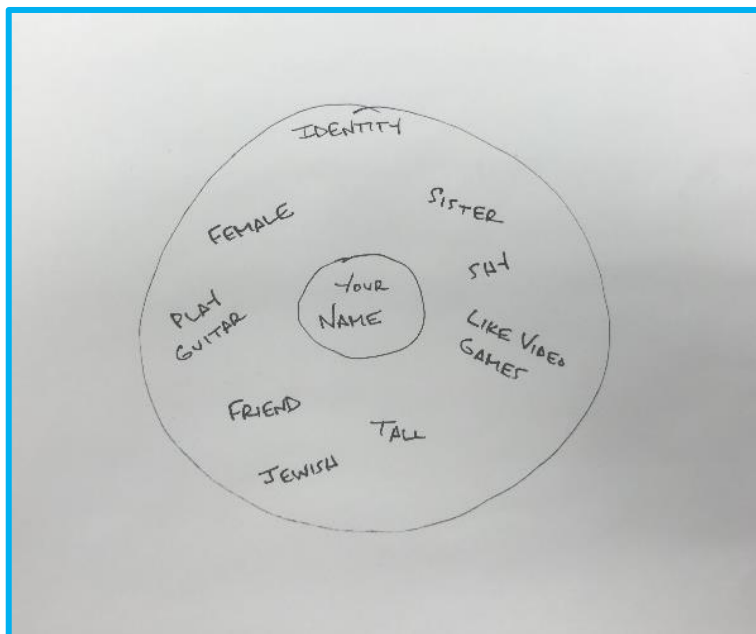
Personality traits (shy, loud, talkative, quiet, funny, sad . . .)

Physical traits (tall, short, brown hair, black hair, blue eyes, brown eyes . . .)

Discussion Questions

- Which item on your identity map is most essential to your sense of self? Circle it!
- Are certain aspects of your identity more influential than other aspects? Why?
- How might your identity map change over time?
- How much control do you have over the things on your identity map?
- How might things on your identity map affect decisions you make in your life?

Example



Go back to the Research Guide

