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Member Resource

Title:	Who Are You?
Shared by: (Your Name, State, Country)	Judy Brown Lehr and Craig Martin
Email Address:	
Type of Activity or Resource:	Activity
Objective:	To encourage the development of positive self-talk. To promote collegiality within the organization.
Recommended Age Group:	elementary-adult
Materials Needed:	
Time:	40 minutes
Additional Notes:	

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Strategy 17 Who Are You?

Objective(s):

To encourage the development of positive self talk.

To promote collegiality in the organization.

Age :

Elementary to adult

Procedure:

1. Ask the participants to find a partner, stand up, and form a magic square. (When forming magic squares, the participants face each other with their shoulders parallel, about two feet from each other—or a comfortable distance.) Model a magic square with a participant.
2. Ask each team to decide who is "A" and who is "B."
3. Ask the "A's" to raise their hands.
4. Explain: "You are allowed to say only three words the next two minutes. You may say them over and over again—these words: "WHO ARE YOU?"
5. Ask the "B's" to raise their hands. They are to answer A's question with the following statement: "I AM ____." They are to supply words describing themselves, i.e., "I am intelligent, I am fun, I am a good mother/father, I am a good teacher." The important point is to stress that the word may be a noun or adjective, but it must be *positive*. Negative statements are not allowed. Give the participants many examples.
6. Explain that the time allotted is two minutes; there is nothing wrong with silence.
7. Say "Go" and set the timer for two minutes.
8. After the time is elapsed, have the participants change roles. Go through the same procedure.

9. Possible questions for processing:
- A. How did you feel when describing yourself?
 - B. Was it difficult to brag on yourself? Why?
 - C. Would it have been easier to use negative words about yourself?
 - D. Researchers have confirmed that we think about 50,000 thoughts every day about ourselves which are our self talk. Is your self talk positive or negative?