

## Grade 9

### I. Personal/Social

#### A. Gaining Self Awareness: Value their unique characteristics and abilities

Activity One: Adapted from Group Exercises for Enhancing Social Skills and Self Esteem

### My Own Uniqueness

#### Objective

1. To recognize personal unique qualities.
2. To increase awareness of other group members' unique and similar qualities.
3. To develop an appreciation of each other's uniqueness.

#### Materials

One copy of the "Uniqueness" activity sheet for each member; writing materials.

Time Needed 25 minutes

#### Activity

1. The leader talks about the different things that make someone unique. The group is asked to also give examples. When the leader is talking about uniqueness, these thoughts should be included: "No one else is exactly like you – you are unique. Part of what makes you unique is the way you express yourself, the way you think and communicate." Group members are then asked to give an example of a personal unique quality. The group leader helps to highlight the personal qualities expressed by each member.
2. Give students a copy of the "Uniqueness" activity sheet. Remind them that their responses to the incomplete sentences are true to them and cannot be right or wrong.
3. Members are asked to form small groups of three or four and share their responses on each incomplete sentence.
4. Variation: Each member can check three responses that they really like about themselves and discuss why in a large or small group.

#### Group Discussion

- In the small groups, the leader checks to see if members are sharing not only differences but also similarities.
- Groups in all stages of formation can benefit from this exercise.

## UNIQUENESS

Your "Uniqueness" can mean some kinds of differences when compared to someone else.

Directions: To understand and explore more about your personal unique qualities use the "I" statements and complete each sentence.

I am \_\_\_\_\_

I will \_\_\_\_\_

I can \_\_\_\_\_

I feel \_\_\_\_\_

I think \_\_\_\_\_

I know \_\_\_\_\_

I was \_\_\_\_\_

I have \_\_\_\_\_

I don't \_\_\_\_\_

I wish \_\_\_\_\_

I should \_\_\_\_\_

I could \_\_\_\_\_

I want \_\_\_\_\_

After sharing these answers with other group members, answer the following questions:

How many of your responses were unique? \_\_\_\_\_

How many were shared by others? \_\_\_\_\_