



KNOW YOURSELF

**MY IDENTITY IS A
SUPERPOWER**



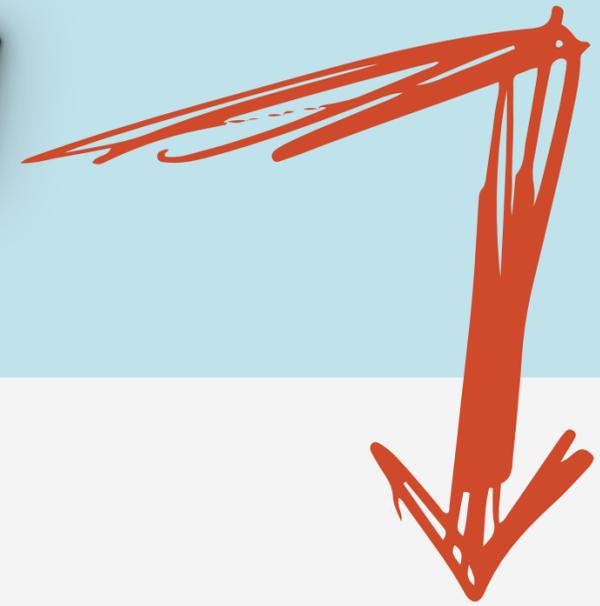
INTRODUCTION

IDENTITY

Today, we will watch America Ferrera's TED Talk, "My Identity is a Superpower," and explore the idea of viewing your identity as a strength, not an obstacle.



SEL CONNECTION



Today, we will practice **Self-Awareness** by embracing our identities rather than viewing them as obstacles.





ICEBREAKER

IDENTITY BINGO



IDENTITY BINGO

Fill in your bingo card with your top 9 identity markers.

SENTENCE STARTERS

- The fun activity I enjoy the most is...
- My future aspiration is to...
- I have *__[# of]__* siblings.
- The race/ethnicity I identify with is...
- My pronouns are....
- I write with my _____ hand.
- I learn best when I am...
- I have lived in *__[# of]__* countries outside of the USA.
- I have lived in *__[# of]__* states.
- An art form that I enjoy is...

IDENTITY BINGO

- 1) Walk around and find classmates who share a marker with you.
- 2) When you find a match, sign the corresponding square on each other's bingo cards.

FIRST PERSON TO GET BINGO WINS!



LESSON PART ONE

MY IDENTITY IS A SUPERPOWER



LESSON: PART ONE



WATCH A VIDEO

MY IDENTITY IS A SUPERPOWER

Watch America Ferrera's TED Talk,
"My Identity is a Superpower"





MY IDENTITY IS A SUPERPOWER

- Why is America Ferrera's identity as a Latina woman important to her?
- What advice do you think America Ferrera would give you in relation to having "unrealistic expectations?"
- Why is it important to see people who look like us thriving in the world?
- Can you share a story about feeling inspired by learning about someone representative of your race or ethnicity in a prestigious position?



MY IDENTITY IS A SUPERPOWER

PERSONAL SUPERPOWER STATEMENT

- 1) Write a statement that begins "My identity is a superpower because..."
- 2) Add your statement to the chart paper.



LESSON PART TWO

IDENTITY COLLAGE



IDENTITY COLLAGE

Create a visual representation of your superpower identity.

- * Include images, words, and phrases that resonate with you.
- * Include pictures and words that symbolize your strengths, values, and aspirations.



IDENTITY COLLAGE

- How did this activity make you feel about your own identity?
- Did you discover something new or gain a deeper understanding of yourself?
- How can you use your identified strengths to positively impact your community?





DEBRIEF / EXTENSION



SUPERPOWER COMMITMENT

Write down one action you can take to further embrace and utilize your identified superpower in your life.

