

Mata i Pusi

Purpose: Finding out about myself (my identity and what I value) and accepting that I am okay.

Learning Focus: Analysing Situations



Before we begin..

Discuss these questions with your buddy or group.

1. How would you describe who you are to another person?
What do you think is important? What do you value? What are some of the ways you are different from your friends?

2. Why do you think it is important to understand who you are?



3. What are some of the things your family does that are different from other families?

4. How do you feel about being different from other people?
How do you feel about your family being different from other families?





Get Ready!

Click below to download the e-book:

[Mata i Pusi E-book](#)





DISCUSS THESE QUESTIONS WITH A PARTNER OR IN YOUR GROUP...

1. How do you think the main character in the story felt when she said she was “all mixed up like a fruit salad”?

2. Why do you think her Nana wanted her to learn some things about being Samoan?



A top-down view of a desk with a silver laptop, white headphones, and a spiral notebook. A red banner is overlaid on the laptop keyboard, and a white text box is overlaid on the laptop's trackpad area. The right side of the image features a decorative vertical strip with a blue background, black polka dots, and yellow and red brushstrokes.

KEEP GOING...

3. Reread p.18. How do you think this conversation changed the way our main character felt about her differences?

What's next?



Watch the video below and then discuss the questions on the next page with a buddy or your group:



Now answer these questions...

1. According to the video what do you need to have and feel to be 'more likely to have the courage and confidence to succeed'?

2. What are the 6 things that make up the jigsaw in the video that contribute to your sense of identity? Can you think of anything else?





3. In the video we were told that 'values are a group of characteristics, ideas or areas in life that are important to you.' Why do you think what you value is important in helping you understand your identity?



My Thinking Coaches

Here are a couple of 'Thinking Coaches' that may help. Are there any Thinking Coaches you want to add to your personal Thinking Coaches Journal? If so, do it now...

"I am unique and valuable."

"Being different sometimes feels scary but that feeling will pass."

"Sometimes the way people think about me reflects their values not mine."

"People who care about me will value my uniqueness."





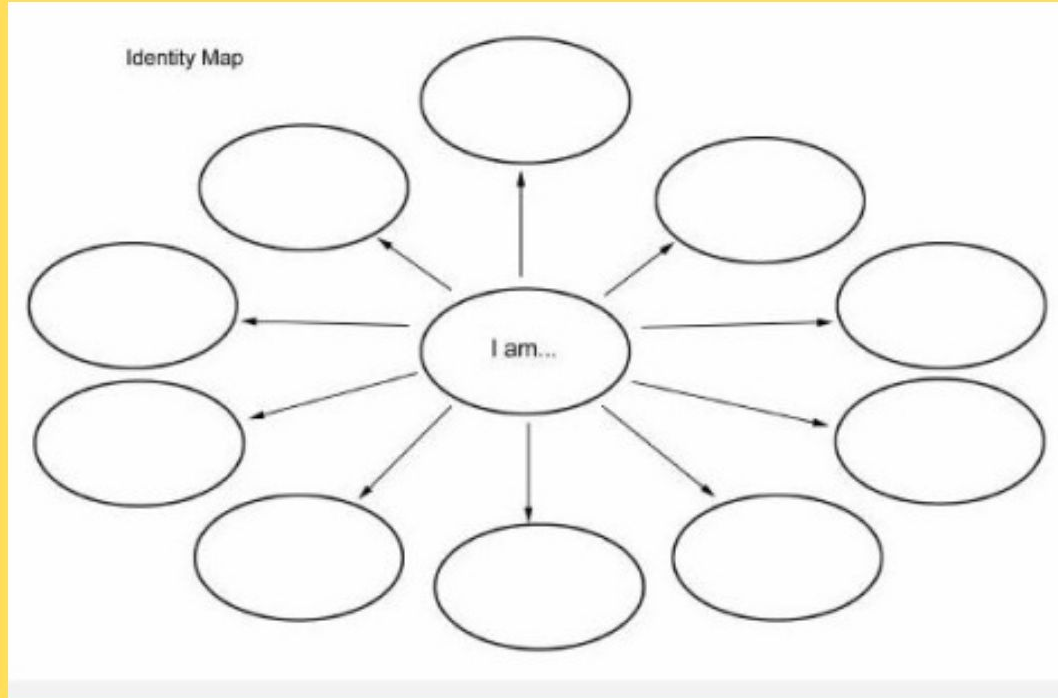
NOW IT'S TIME TO PUT YOUR THINKING COACHES INTO ACTION!

In this activity you will create an identity map that records all the things that make you unique and valuable.

Step 1: Make a list of all the things you know about yourself. You could use the 6 headings from the jigsaw in the video to get you started.



Step 2: On an A3 piece of paper create an identity map. It could look like this or you could make your own format



Step 3: Use your list to start filling in the identity map. You could use illustrations as well as words.

Step 4: Remember there is no right or wrong – this is your unique identity!



Extra for Experts

You are going to write a personal introduction and share it with others in your class.

Step 1: Think about how unique you are. How can you present yourself in the best way possible (without overdoing it!)


Step 2: Introduce yourself, in writing, using only 250 characters. It's harder than you'd think.







Step 3: Post your introduction on your classes digital platform or write it on a small card. If a number of your classmates write introductions you could make a digital folder of introductions or a box of cards.


Step 4: If you made them anonymous you could have fun trying to match the introductions to the person who wrote them!



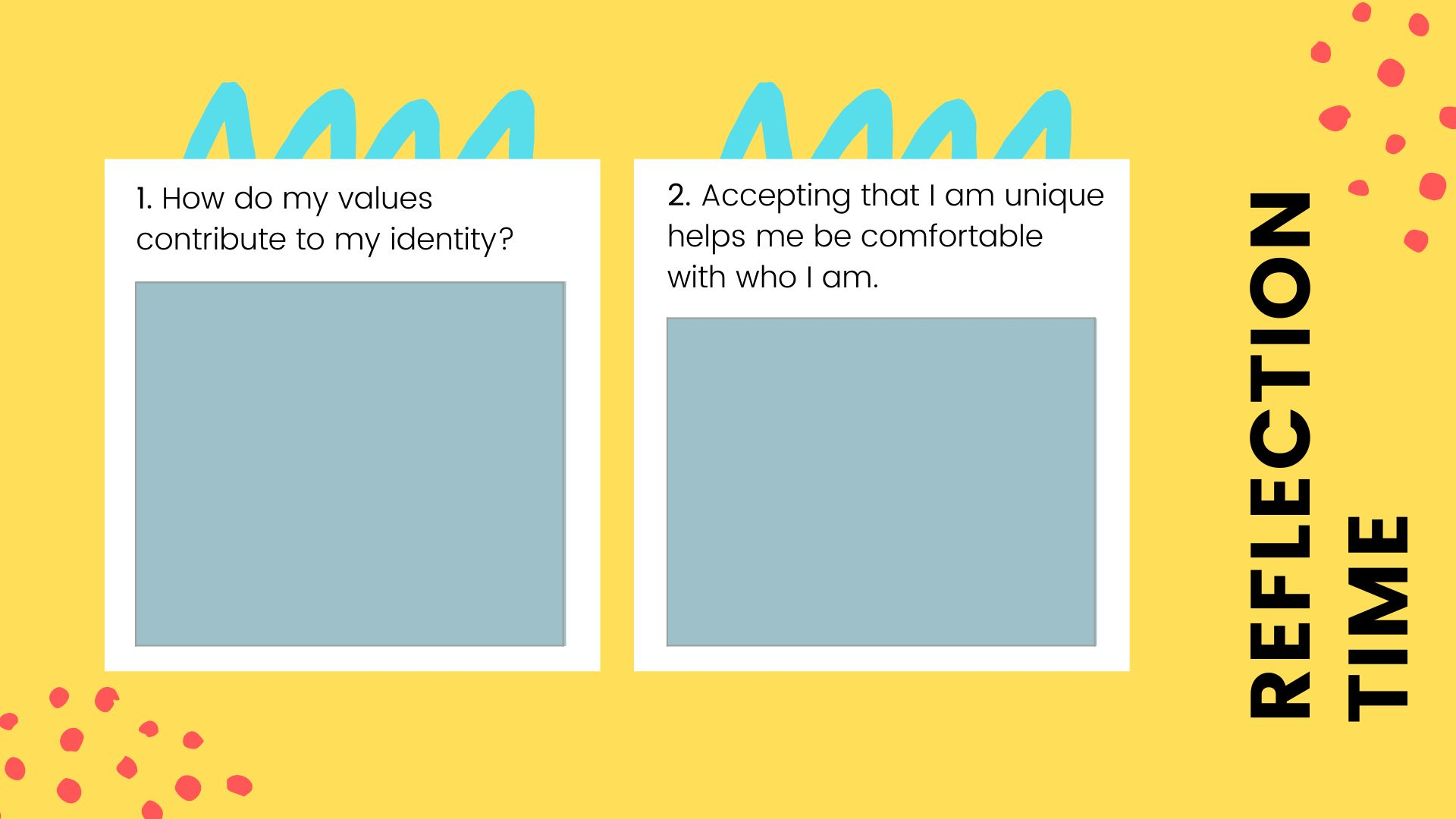
1. How do my values contribute to my identity?




2. Accepting that I am unique helps me be comfortable with who I am.



**REFLECTION
TIME**





3. Which of the Thinking Coaches has been most useful as you have worked through the activities? Have you added this to your Thinking Coaches Journal?



**REFLECTION
TIME**

