

MANAGING SELF



SAME BUT DIFFERENT

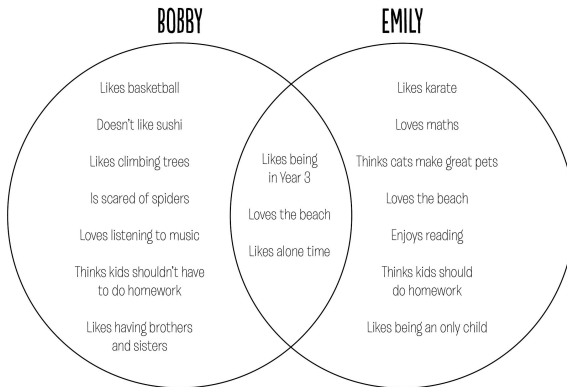
No two personalities are alike

A personality is what makes each person unique. It is how a person thinks, feels and acts in different situations.

In order to get along well with others, we have to accept that we won't always think, feel and act the same way as all our classmates.

Feeling and acting differently – and having different ideas – is completely normal. It is what makes you interesting and unique! There is no 'best' or 'worst' personality type.

A Venn diagram can be used to show how two things are different from each other and how they are the same. Dylan and Emily used a Venn diagram to compare their personalities. Although they have different personalities, sometimes they do feel, act and think alike.



We are all different

1. Personality differences

Write down a list of things that you like, things that you do and things that you often think about. With a partner, chart your ideas on a Venn diagram to compare how similar and different your personalities are.

When you have finished ...

- Look at the differences. What might you be able to learn from each other?
- How are your personalities the same? Is your partner's personality a lot like yours or a bit like yours?
- Explain why you wouldn't want to have to think, act and feel like everyone else.

2. Personality adjectives

An adjective is a word that describes something. The **playful** cat is very **fluffy**.

Can you think of some adjectives that might describe your personality? Here are a few to get you thinking.

Loving, helpful, honest, cheerful, friendly, polite, kind, energetic, quiet, thoughtful, funny, ticklish, groovy, adventurous, creative, sporty, musical.

3. Draw a picture with yourself in the middle and choose five adjectives that best describe your personality. Decide how you want to include these adjectives within your picture.

