

MANAGING SELF



WE ARE ALL UNIQUE

Our personalities make us unique

Every person in the world is unique ... that means there never has been, is now, or ever will be another person just like you. We are all different. Just imagine a world where people were all the same.

- What would it be like? Would it be fun?
- Think of two things that make you different from everyone else.

What makes each of us different from every other person we know? It is our personality. It is the way we think, feel, act and what we like to do. Our personality shines out through the words we choose to use, the ideas we come up with, the way we move from place to place and the activities we choose to take part in.



In New Zealand, people are encouraged to think for themselves and be comfortable with who they are.

**It's no use in being jealous,
Wishing you could be somebody else,
If you try too hard to be something you're not,
You'll forget to be yourself!**

In 2017 there were about seven and a half billion people in the world –but there's only one you. You are an original individual!

- What do you think the words 'individual' and 'original' might mean?
- Can you think of other words that have a similar meaning? (Try using a thesaurus to see what comes up.)



Being Different

1. Create a partner personality poem

Interview a classmate and listen carefully to what they share about their personality. Here are some ideas:

- Favourite lesson at school
- Place they like best
- Favourite sport (Do they like sport?)
- Favourite film
- Favourite food

Turn their answers into a personality poem. Here is an example:

Jayden

Loves learning about science, nature,
bugs and animals.
Loves his grandad's beach house.
Doesn't play sport,
but gives soccer a go if he's bored.
Pizza is his food of choice,
unless it has mushrooms on top!
Jayden is unique!

2. Personality profile

A profile is a short description of someone. Think of three different people you know like a family member, teacher, friend, coach, classmate, yourself. Write down some things about each of these people to create a personality profile.

- Do all the people you've written about like and do the same things?
- Explain why good friends might like to do different things. Is that okay?
- What do you think you can learn from people who like to do different things than you?

3. Identical twins

Identical twins look alike but they are still unique!

The biggest difference is the one you can't see - their personality! Think of five questions you might ask identical twins to find out about their different personalities.

