

# 1

## WHO AM I?

### Who Am I? (Calendar of Life)

**Worksheet:** *Page 34*    **Learner's Workbook:** *Page 3*

1. Ask learners if any of them know what *self-esteem* is. Allow them to answer, then if no one has said it, explain that self-esteem is: *confidence, self-respect, pride in our abilities, independence, and faith in ourselves. What makes us feel (one way or another) about ourselves?* Accept all answers.
2. Explain that the way we feel about ourselves is shaped by the way we are treated by our families and society, and by the events in our lives. Then have them turn to worksheet page 34 or Learner's Workbook page 3. Encourage them to write about the most important events in their lives, either positive or negative ones (*moving to the United States from another country, parents divorcing, winning a contest*).
3. When finished, encourage volunteers to share their Life Calendars with the rest of the group.

### My Favorites

**Worksheet:** *Page 35*    **Learner's Workbook:** *Page 4*

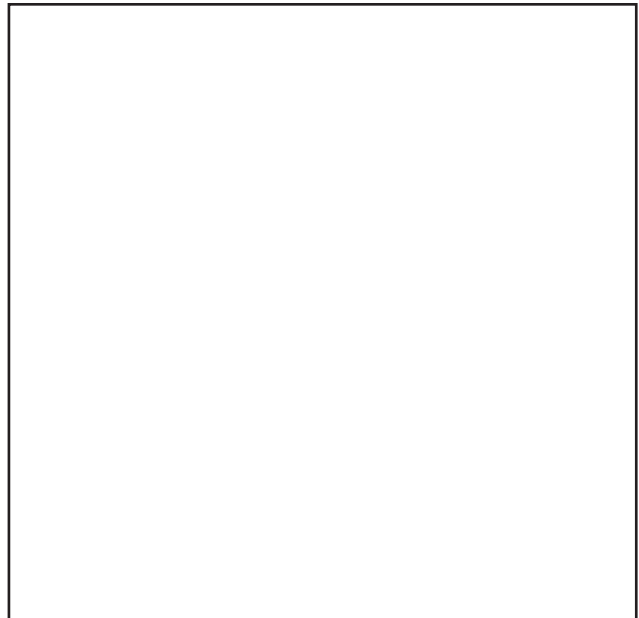
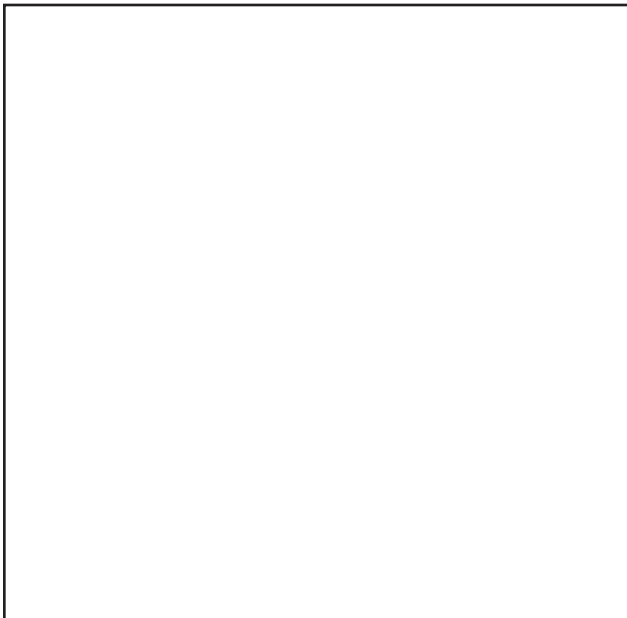
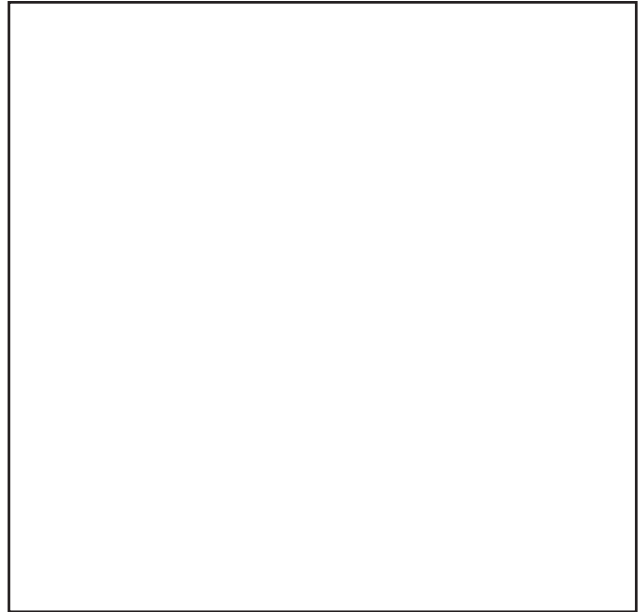
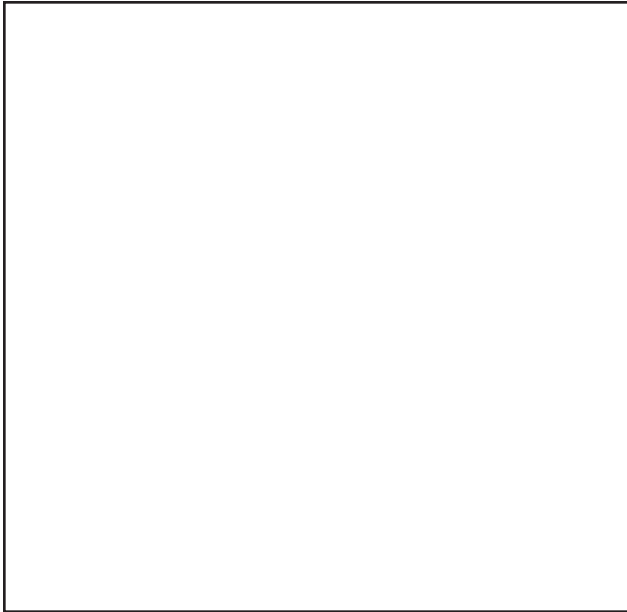
1. Have learners complete worksheet page 35 or Learner's Workbook page 4 in order to get to know themselves better.
2. Divide the group into pairs. Ask them to share their lists with their partners and compare and discuss what they each like about certain songs, movies, or TV shows.

**Nothing builds self-esteem and self-confidence like accomplishment.**

— Thomas Carlyle

# CALENDAR OF LIFE

In the boxes below, write about or draw the most important events in your life. Then, discuss how they affected you and helped to make you who you are today. For these purposes, don't worry about grammar and spelling. Not all of us are born great artists. Do the best you can to satisfy yourself.



# MY FAVORITES

List your all-time favorites in each category. For these purposes, don't worry about grammar and spelling. Just do the best you can. The main idea is for you to participate.

## SONGS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## MOVIES

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## TV SHOWS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_