



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Vocabulary**

**Norms** (n.) guidelines for how people are expected to behave in a particular setting

**Activity**

Part 1: Partner Activity

**Instructions:** Write down three norms that will help everyone feel safe and comfortable during Second Step lessons.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Part 2: Write

**Instructions:** Think about all the norms the class identified. Write down the three norms you think will help your class the most.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Vocabulary

- **Aspect** (n.) a particular part of something
- **Identity** (n.) the special character or personality of an individual

### Warm-Up

Examine the identity map on the screen. What does it tell you about Alex?

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### Activity

**Instructions:** Use the template on the next page of this handout to create your identity map.

### Wrap-Up

Which aspect(s) of your identity is most important to you? Why?

Alex's example: My interest in performing for band and theater is most important to me because I might want to be some kind of performer when I'm older.

1. My \_\_\_\_\_ is most important to me because \_\_\_\_\_  
\_\_\_\_\_.

2. My \_\_\_\_\_ is most important to me because \_\_\_\_\_  
\_\_\_\_\_.

3. My \_\_\_\_\_ is most important to me because \_\_\_\_\_  
\_\_\_\_\_.

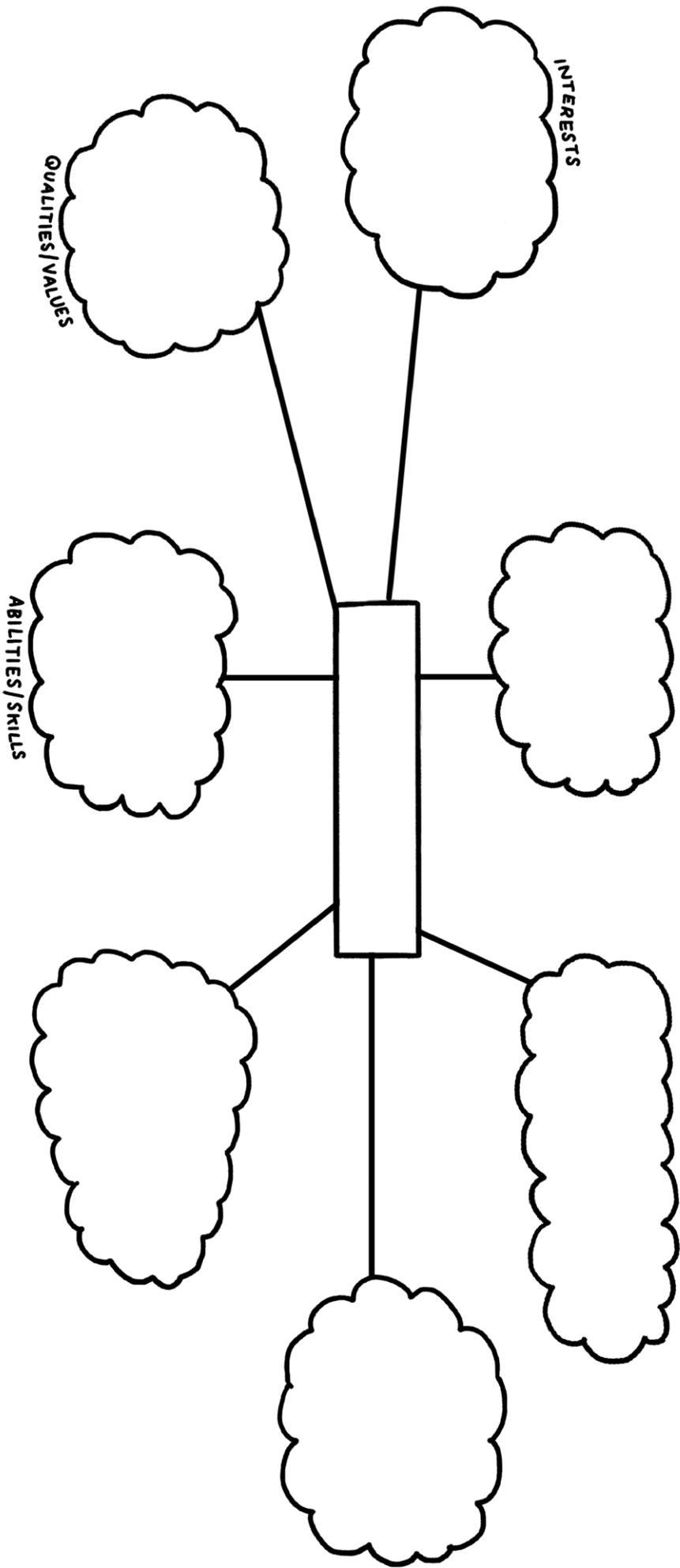
**Activity**

**Instructions**

1. Write your name in the center rectangle.
2. Reflect on all the aspects of your identity.
3. Write your own personal aspects in each bubble.
4. For each unlabeled bubble, choose a new kind of aspect.
5. Add more aspects or decorations to your map (optional).

Aspects	Examples
Abilities/Skills	Runner, musician, writer
Qualities/Values	Patient, generous, funny, helpful
Interests	Animals, cars, cooking, science fiction

*Other possible kinds of aspects: Roles, Relationships, Race, Culture, Family background, Gender, Personality.*





Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Vocabulary

- **Aspect** (n.) a particular part of something
- **Identity** (n.) the special character or personality of an individual
- **Strength** (n.) an aspect of someone’s character or personality that’s helpful and positive
- **Roadblock** (n.) something that gets in the way of achieving a goal

### Warm-Up

What’s an interest you enjoy now but didn’t like at first? Refer to your identity map for ideas.

\_\_\_\_\_

### Activity

#### Instructions

1. Exchange handouts with your partner.
2. Ask your partner the following interview questions and record their responses.
3. Return your partner’s handout when you’ve completed the interview.

1. How long have you had this interest?

\_\_\_\_\_

\_\_\_\_\_

2. What do you like about it?

\_\_\_\_\_

\_\_\_\_\_

3. When and how long do you practice it?

\_\_\_\_\_

\_\_\_\_\_



## Activity (cont.)

4. What strengths helped you when you first started?

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5. What strengths are you building as you work on it?

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6. Who has helped you get better at it?

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7. Have you ever wanted to give up? If so, why did you keep going?

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## Wrap-Up

1. Is there anything new about your interest that you learned?

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2. Is there anything you realized about your strengths that you didn't know before?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Vocabulary

- **Harness** (v.) to use something for a particular purpose
- **Roadblock** (n.) something that gets in the way of achieving a goal
- **Overcome** (v.) to deal with, gain control of, or get past something

### Activity

Look at your interview from Lesson 3. Answer the following:

1. What interest did you develop? (You wrote this on your interview handout.)

\_\_\_\_\_

2. What strengths did you share during your interview? (Your partner wrote this on your interview handout.)

\_\_\_\_\_

3. What roadblock(s) did you face as you worked on your interest?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. How did you use your strengths to overcome the roadblock(s)?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Activity (cont.)

Now think about your future and answer the following:

1. What's an interest you want to develop in the next year or two?

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2. What roadblocks could you encounter while you're working on your new interest?

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3. How can you use your strengths to get better at your new interest?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Vocabulary

- **Positive factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a good outcome or increase your chances of success
- **Negative factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a bad outcome or decrease your chances of success

### Warm-Up

Christina wants to pursue her interest in photography.

1. What could help Christina succeed?

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2. What roadblocks might get in her way?

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### Activity

Write down an interest from your identity map.

My interest: \_\_\_\_\_



### Activity: (cont.)

Put a check mark next to one positive factor and one negative factor that could influence your interest.

Possible Positive Factors	Possible Negative Factors
Encouragement from friends	Lack of support from others
Study group	Stress
Help from teachers	Lack of sleep
Confidence	Distractions
Staying active	Low self-esteem
Growth mindset	Fixed mindset
A stable support group	Criticism
Other: _____	Other: _____

With your partner, answer the following questions based on your interest and the factors you chose. (Do not exchange papers with your partner.)

1. How can you make the most of the positive factor you identified, so you can pursue your interest more successfully?

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2. How can you decrease the effects of the negative factor you identified?

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### Wrap-Up

Who are some people in your life who can help you make the most of positive factors and decrease the effects of negative factors?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Warm-Up**

Imagine you meet yourself 10 years from now. What's one question you'd ask your future self?

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**Activity**

1. Use the next page of this handout to create an identity map of who you think you'll be 10 years from now.
2. Look at your future identity map. Which aspects of your identity changed?

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3. Which aspects of your identity stayed the same?

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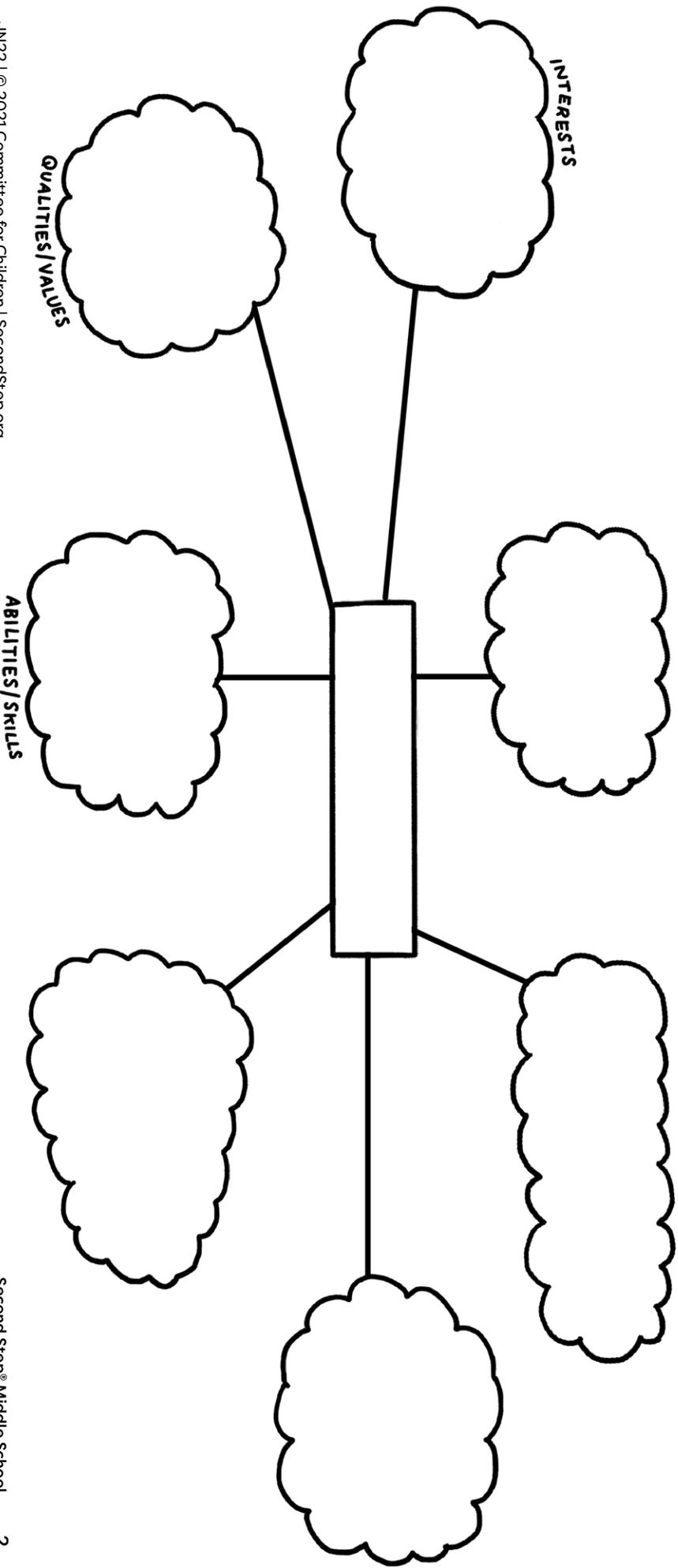
Activity

**Instructions**

1. Write your name in the center of your future identity map.
2. Think about the aspects of your future identity, and write them in your map.
3. Compare your future identity map with your identity map from Lesson 2.
4. On your future identity map, **circle** aspects of your identity that have changed and put a **box** around aspects that have stayed the same.

Aspects	Examples
Abilities/Skills	Runner, musician, writer
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*Other possible kinds of aspects: Roles, Relationships, Race, Culture, Family background, Gender, Personality.*





# Performance Task: My Path Forward

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Warm-Up

If you could travel back in time five years, what's one piece of advice you'd give your younger self?

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## Activity

Use the next page of this handout to create your path to your future self.

## Wrap-Up

Look at your future identity map and your path to your future self.

What can you do to start (or continue) this journey now?

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Activity

FUTURE INTEREST

\_\_\_\_\_

- Instructions**
1. Choose an interest from your future identity map and write it in the FUTURE INTEREST box.
  2. Answer the questions along the path.
  3. Add decorations to your path (optional).

How did you use your strengths to develop this interest?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What roadblocks did you face along the way? Describe one or two.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did you do to get past these roadblocks?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who and what supported you in developing your interest?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**YOUR FUTURE SELF**

Describe your future self based on your interest (for example, “a great cook” or “author”).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_