

SELF-CONCEPT-----INDIVIDUALIZED ACTIVITY
20 POINTS POSSIBLE

NAME _____ CLASS _____

LEMONS OR LEMONADE

There is an old saying, "If you are given lemons, make lemonade." Look at the pictures your teacher has displayed. In the spaces below, identify what "lemons" these people have been given in their physical appearances, then explain what they have done to overcome the imperfection(s).

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

In the space below, list some of the lemons in your life and how you can sweeten them to make them into lemonade.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

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NAME _____ CLASS _____

21 DAYS TO CHANGE

Researchers have discovered that it takes 21 days to change a habit. This assignment is to select one personality trait and one physical trait you would like to change or develop. Make a list of ways this can be accomplished. Record your feelings, or what you did on the chart.

PERSONALITY TRAIT I WANT TO CHANGE/DEVELOP: _____

How I will change or develop this trait:

1. _____
2. _____
3. _____

PHYSICAL TRAIT I WANT TO CHANGE/DEVELOP: _____

How I will change or develop this trait:

1. _____
2. _____
3. _____

PERSONALITY TRAIT	PHYSICAL TRAIT
DAY #1	
DAY #2	
DAY #3	
DAY #4	
DAY #5	
DAY #6	
DAY #7	
DAY #8	
DAY #9	
DAY #10	
DAY #11	
DAY #12	
DAY #13	
DAY #14	
DAY #15	
DAY #16	
DAY #17	
DAY #18	
DAY #19	
DAY #20	
DAY #21	

SELF-CONCEPT-----INDIVIDUALIZED ACTIVITY
25 POINTS POSSIBLE

NAME _____ CLASS _____

I LIKE ME

List ten things you like about yourself and explain why.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Fold this paper on the dotted line so the next person cannot see what you have written and complete the next section.

Have a family member write down five things they like about you.

1. _____
2. _____
3. _____
4. _____
5. _____

Fold this paper on the dotted line so the next person cannot see what you have written and complete the next section.

Have a close friend (age does not matter) write down five things they like about you.

1. _____
2. _____
3. _____
4. _____
5. _____

Did your friend or family member like the same things you like about yourself?
Explain?

Did you learn anything new about you?

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THE FUTURE ME

Describe the person you want to become as an adult. Describe your personality, likes, talents, physical appearance, etc.

Make a list of things you will do to become the person described above.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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NAME _____ CLASS _____

ME

To complete this assignment, you must write a poem about yourself. The second part of this assignment is to illustrate the poem. If you do not wish anyone in your class to see this assignment, please check here: _____.

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CASE STUDIES

For each of the case studies below, you should first write your typical response to the situation. Then think for a moment if that behavior is appropriate. If it is inappropriate, write how the situation could be handled more effectively.

1. You have confided to your best friend that you really like a certain guy/girl. During lunch you observe your friend obviously flirting with her/him in the hall.
2. You have a new CD player. You had to save your money for a long time to buy it. Your friend asks to borrow it. Since you trust this friend, you allow her/him to take it. When you ask for it back, he/she tells you that another person has borrowed it.
3. All of your friends are planning to attend a very popular concert that is coming to town. You are also planning to attend and are very excited not only for the concert, but also for the party you and your friends are planning to have while you are standing in line to buy the tickets. The day before the tickets go on sale, your parents inform you that you will not be able to attend because they will need you to baby-sit for them the night of the concert.
4. You have an important research paper due in two days in your English class. You have worked very hard on this paper and have put in many hours at the library gathering information. During the break between second and third period, you notice that the paper has disappeared. When you go to your locker between fifth and sixth periods, the paper is there again. One of your friends tells you that your locker partner took the information you had gathered and had it photocopied during fourth period.
5. You have had the same best friend for three years now. Everyone knows that the two of you are very close. You have done many things together and have confided many secrets to him/her. Now you find your best friend never has time for you because he/she always seems to be busy with a new friend.

SELF-CONCEPT

CHALLENGE PROJECT
15 POINTS POSSIBLE

Name _____ Class _____

INTERVIEW

Interview a parent, guardian, trusted adult or older sibling of the same sex. Ask them to describe the types of emotions he/she felt as an adolescent about your age. Compare your feelings to those of the person you have interviewed.

SELF-CONCEPT

CHALLENGE PROJECT
30 POINTS POSSIBLE

Name _____ Class _____

PERSONAL SCRAPBOOK

Make a scrapbook about yourself. Illustrate how you have grown and developed. You may include pictures and written information about you and your family, friends and important memories.

