

Identity

(Personality)

Grade: 4-6

Subject: ELA

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Core Standard: ELA

Dance Standard: Space/shape

Behavioral Objective: In a 30 minute class 4th-6th grade students will be able to identify personality traits that they can relate to.

Materials:

Music (Suggested Playlist):

<https://open.spotify.com/playlist/1S0rwHqfGMgpAT0qeyRNAL>

Book: Oh, My! How We're Different: A Book About Personalities

Class Rules:

1. Be safe
2. Be respectful
3. Do your best

Experience / Identify:

- 1) Have you ever thought about what makes you, you?
- 2) What makes you different from others?
- 3) What makes you similar to others?
- 4) How would you describe your personality?

Explore / Investigate:

- 1) **Introversion:** Do you like to play by yourself sometimes, and sometimes with just one friend?
Extroversion: Or are more friends always best?
 - Spread out equally distanced from one another. Imagine you are playing with a ball of energy by yourself. How do you catch the energy? In what ways can you move it?
 - Now turn to somebody next to you and toss the imaginary ball of energy with one another. How can you interact with one another without touching?
 - Which did you prefer more? Do you think you are more of an introvert? More of an extrovert?
- 2) **Examination:** Do you like to study and look?
Imagination: Or would you rather dream and imagine?

- How does the space around you affect your movements? If you are in a classroom what do you see around you? How would you use whatever is around you in your movements? Teacher: help students examine the objects around them. Ask a student to identify something in the room, for example, a clock. Choose another student to show the class how they think a clock could move if it could dance. Choose a few other students to do the same. Repeat this process for a total of 2 or 3 objects.
- Let's use our imagination. Imagine that you are outside of the space that you are in and you are somewhere else. Where are you imagining where you are at? Are you at the bottom of the ocean? How would you move if you were at the bottom of the ocean. Are you flying through the air? How would you dance if you were flying through the air?
- Did you identify more with examination or imagination?

Connect / Analyze:

Sit down and talk about what they just learned. We learned about introversion, extroversion, examination, and imagination. Everybody's personalities have so many different characteristics. There are many different components that all add to who we are as people. Do you know somebody who has a different personality trait than you? What can we learn from those who are different from us?