

STANDING TALL IN THE FACE OF EVERYDAY GIANTS

BRAVE

GAME- WHO AM I?

Learning points:

One of the big challenges for the adolescent brain is to figure out the answer to this question and start to form that adult concept and understanding of identity. This game gets the conversation started about our identities and the pressure from the world to look or behave a certain way.

How to play:

- Before the session starts, write out the names of different famous people/characters on pieces of paper or sticky notes. The main thing is that everyone in the group would know the names you write down.
- In this game, you assign the name of a famous person to a player and they have to work out who they are by asking questions. However, everyone else can only answer the player's questions with 'yes' or 'no'.
- For example, Joe is a young person in your group. You ask Joe to close his eyes and show everyone else a piece of paper with the name 'Superman'. Joe can now open his eyes and start asking questions to try and work out who he is. He might ask questions like 'Am I male?' and everyone would answer 'yes'.
- Good questions include:
 - Am I male? Am I female?
 - Am I in a movie?
 - Am I an animal?
 - Am I young? Am I old?
- If the young person is struggling to work out who they are, you can give them clues to help them figure it out.
- Once they guess correctly, choose someone else and assign them a new name.