

The Puzzle of Identity: How You Become You



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As you journey through your teenage years, ever wondered why you are the way you are? It turns out, the answer lies in a fascinating puzzle called identity. It's like a mix of puzzle pieces, some inherited from your family and others shaped by the world around you.

First up, let's talk about the pieces passed down from your family – the genetic factors. Your genes are like a unique instruction manual. Some bits determine your eye color, how tall you'll be, and even certain health traits. It's like you're part of a genetic recipe that makes you, well, you!

When you were born, your genetics told your body to develop itself in a certain way - giving you strengths and characteristics that are uniquely yours. This gives you what is called a HealthType (consider it like your genes in action) and it has a huge effect on how you go about life - now and later.

Your HealthType also has a big influence on your temperament, another piece of the identity puzzle. Are you shy, outgoing, or super resilient? Turns out, these traits that play a role in shaping your identity and how you connect with others come from your body!

But wait, the puzzle isn't just about genes and HealthTypes. Environmental factors add their own set of unique pieces. Your family environment is a big one – the values, traditions, and beliefs your family shares with you. It's like a cultural compass guiding your understanding of who you are and where you come from.

DID YOU KNOW

These environmental factors are called EPIgenetics - all the things outside of your genes that have an effect on your genes!

A vertical collage of various icons and illustrations. At the top is a circular globe with a compass rose. Below it is a brown dragonfly. To the left is a pie chart with four segments in blue, orange, yellow, and dark blue. To the right is a bright orange flower. In the center is a red and orange heart. Below the heart is a camera lens. To the right of the camera is a blue stick figure with a spiral head. Below the camera is a black and white illustration of a person sitting on a chair. To the right of the person is a pie chart with four segments in blue, orange, yellow, and dark blue. At the bottom is a blue and yellow brain. The background is white with scattered small blue and yellow geometric shapes.

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Unlocking the Identity Puzzle Quiz

Circle the answer to each question.

Question 1: Genetics and Traits

What role does genetics play in shaping your physical attributes and certain personality traits?

- A) No role at all
- B) A significant role
- C) A minor role

Question 2: Your Body

What is your HealthType?

- A) Your genes in action
- B) Your nose
- C) Your personality

Question 3: Environmental Influences

How do peer interactions impact your self-concept and identity?

- A) They have no impact
- B) They are only important during childhood
- C) They play a significant role

Question 3: Educational Environment

How can positive or negative experiences in the educational environment affect your identity?

- A) They have no effect on identity
- B) They only influence academic performance
- C) They can impact self-esteem and self-concept

Identity Wordsearch

L N G K X I Y U S U Z L X E A I P I K X O K V H D N R S H A
 M Q W H N D G A A B N Z F Z M M Q R G E N E T I C S J T S Z
 R K L U A Y M Y E H U F D N E R H E A L T H T Y P E F M Y U
 H R Y J I P M Y K Z M T R I T X S K W E V H R G T D Y B S S
 N T Z W Z R P H Q O H R L I V E D H K M I E S K J X D R Q G
 E R P N M T W I A N O S S B E E C R R K I Q D H E S Q S S W
 L A C M S O E D N J V L A L J N R H G J F G I C V B Z R E E
 K I V Y O J K M Q E L I A N L I D S N F Z P V T J E G C L C
 Y T D D E P J N P L S R R U W O N S I O I X A T X L P E F H
 W S R G O X U F R E T S B O S V E C D T L C I I N I E O C C
 J K A D F K I N T E R A C T I O N S L F Y O X N D E R B O F
 J G Y Q G K J J S C N A B R U W Y G H U L W G V X F C R N H
 L L V X N F O K C N I Y M Y V X C O L H S Z O Y O S E K C K
 H V H V K O M Z H D H O U E O A S Y Z Z B I O I X Q P M E O
 A M A Z S E T T O S A A G X N E N J Y M K S O Q Y H T D P Y
 R E Y L Y I N C O K P P Z G J T R N Y F K J H N O C I J T G
 Y D C O U X D V L Q N E F A C T O R S R M W H K U U O F Q A
 G I S Z X E D E I H S N E A W D G G V E T C H N E L N E V Q
 B A F Y A Z S L N R P U E R V H F O Q L L P A O P T S Y D M
 J O H S D U H T J T O F V S S W B A E A L A I W I U P X I J
 I K Y E P C Y L V D I N H S F I F Q M T U J B G G R N C S M
 N D E L U L O E B A D T M K H T J Q B I W L Z F E E C H C J
 F E D F Z T K K K S W J Y E A X X R N O L P U M N B U L O P
 L X U E Z S O C I E T Y U W N L G S P N F Y N X E D D I V D
 U W C S L S I N E F F K K S Q T B N O S A B I N T I A Y E O
 E R A T E O P O R Y T I P U J K A G D H O R Q M I J V W R Y
 N G T E H H G X H H V M P M O I P L U I Q V U Z C A S X O Q
 C Q I E U P A A L X I G S I X O C K E P G B E W S V X H K E
 E L O M V J I I S W K L G S X Z Q B F S B M O W B L W D Q P
 S V N A H L O M C W V Q E O R U Z E X P E R I E N C E E Y Y

| | | | | |
|---------------|--------------|---------------|-------------|---------|
| Identity | Temperament | Diversity | Self esteem | Peers |
| Genetics | Culture | Inclusion | Discover | Friends |
| Environmental | Society | Interactions | Influences | School |
| Factors | Education | Relationships | Experience | You |
| Family | Media | Beliefs | Unique | Puzzle |
| Traits | Technology | Values | Happiness | |
| HealthType | Self concept | Perceptions | Epigenetics | |

“Pieces of Me” Identity Collage



Create a Collage on the piece of paper, building it by the following the 9 steps listed here.

Materials Needed:

- Drawing paper or poster board
- Colored pencils, markers, or crayons
- Scissors
- Glue
- Magazines, old newspapers, or printed images

STEP 1: Genetic Puzzle Piece

Draw a DNA strand on the top left corner of your paper. Inside the strand, write or illustrate aspects of your physical traits influenced by genetics, like eye color, height, or any family resemblance.

STEP 2: HealthType Hit

Draw a star with your HealthType inside (if you know it) in the top centre of your paper.

STEP 3: Temperament Triangle

In the bottom left corner, draw a triangle. Inside the triangle, depict aspects of your temperament – are you shy, extroverted, resilient? What else? Use colors and symbols to represent these traits.

STEP 4: Environmental Mosaic

Cut out pictures or words from magazines or printouts that represent your family

environment, including values, traditions, and beliefs. Create a mosaic in the top right corner of your paper, gluing these images in a way that looks good to you.

STEP 5: Peer Interaction Patch

Draw a patch in the bottom right corner. Illustrate scenes of social interactions with friends and peers. Capture moments that reflect how these interactions contribute to your sense of self.

STEP 6: Culture and Society Silhouette

Draw a silhouette of a person in the center of your paper. Fill the silhouette with images or words that represent cultural influences, societal expectations, and stereotypes that play a role in shaping your identity.

STEP 7: Educational Element

Draw a book or school-related symbol at the bottom center of your paper. Inside, represent positive or negative educational experiences that have influenced your self-esteem and self-concept.

STEP 8: Media and Technology Frame

Create a frame around your entire collage, drawing or gluing images related to media and technology. Show how these elements provide role models, ideals, and social standards in your life.

STEP 9: Life Events Landscape

In the background of your collage, draw a landscape depicting significant life events, such as happy experiences, trauma or loss, and major transitions. Use symbols or images to represent introspection and self-discovery.

Once you're done...

Reflect on your "Pieces of Me" collage. Consider how each section contributes to your unique identity. Be ready to share your creation and discuss the significance of different elements with your peers or the class.

Digital Task:

Unravel Your Identity Puzzle

Imagine your identity as a puzzle, and your goal is to showcase how each puzzle piece contributes to making you who you are.

INSTRUCTIONS:

Using a digital platform of your choice (presentation software, infographic tools, or a multimedia app), create a visual representation of your identity puzzle.

INCLUDE:

1. Introduction Slide:

- Begin with a title slide: "Unraveling My Identity Puzzle."
- > *Include your name, grade, and a brief description of what your puzzle will reveal.*

2. Genetic Factors:

- Create a slide or section dedicated to genetic factors.
- > *Illustrate key genetic traits mentioned in the article (eye color, height, HealthType).*
- > *Include a brief description of how genetics influence your identity.*

3. Environmental Factors:

- Dedicate a section to environmental factors.
- > *Include sub-sections for family environment, peer interactions, culture, school, media/technology, and life events/trauma.*
- > *For each sub-section, provide visuals or brief descriptions of how these factors contribute to your identity puzzle.*

4. Reflection:

- Include a slide where you reflect on how your puzzle pieces interact and influence each other.
- > *Discuss any surprises or realizations you had while exploring your identity puzzle.*

5. Conclusion:

- Summarize your presentation with a concluding slide.
- > *Highlight the uniqueness of your identity and express how understanding your puzzle pieces contributes to self-awareness.*

SUBMISSION:

1. Save your digital presentation as a shareable file (e.g., PowerPoint, PDF, or link to an online platform).
2. Submit the file or link through your digital learning platform.

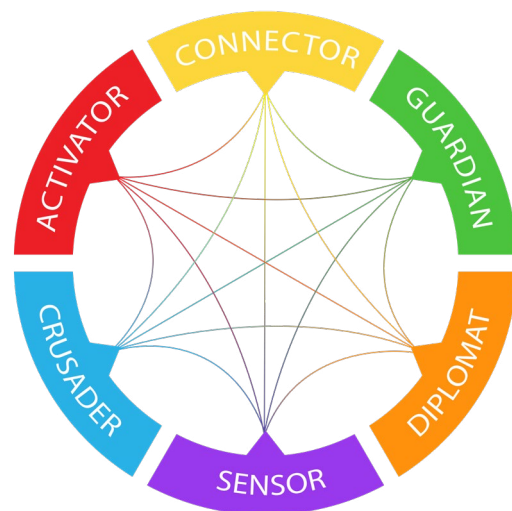


The HealthType Lens

Navigating the path to a healthy and happy life can sometimes feel like finding the right puzzle piece that perfectly fits you. In a world filled with various diets, workout plans, mindfulness techniques, and wellness trends, discovering what truly suits your unique self can be a challenge. But here's the good news: scientists have unveiled that the secrets we need to know are hidden deep within each of us – in our very own Personal Health Code.

Imagine your Health Code as a unique blueprint imprinted in your DNA, shaping your biology and influencing everything from organ functions to hormones and emotions. It's like your body's own personal instruction manual, communicating with your mind to orchestrate your well-being. With 7.5 billion people on Earth, our Health Codes fall into distinct regions on a chart, creating what's known as HealthTypes – groups of individuals who share similar biological and physiological traits.

Picture the HealthTypes arranged in a circle, each one sitting at specific points in relation to the others. As you move along the circle, you'll notice gradual changes in body shapes, revealing the distinctive traits of each HealthType. Similar HealthTypes share commonalities, while those opposite each other often showcase opposing tendencies.



For instance, the Sensor, characterized by long, thin bones and a ruler-shaped body, tends to be independent and introverted. In contrast, the Connector, with a shorter stature, more robust bones, and an hourglass or apple-shaped figure, exudes trust and extroversion.

Your position on the circle signifies your unique HealthType, and if you lean towards one side, you might discover shared traits with the adjacent HealthType. Here's where it gets intriguing – Diplomats, with their diverse body shapes, may find themselves closer to Guardians if they have larger bones, or nearer to Sensors if their limbs are longer and bones smaller.

When we start to recognise the HealthTypes it provides a fascinating new lens, helping us unlock the secrets of our own bodies and to understand the people around us for a healthier and happier life!

The HealthTypes

There are six HealthTypes featured on the HealthType circle – each one with different ways to stay healthy, from being super-active to reclining on the couch! Get to know the Activator, Connector, Guardian, Diplomat, Sensor and Crusader.

THE ACTIVATOR HEALTHTYPE

Think of the Activator like a cat - they are the natural athlete, usually shorter in stature, with naturally toned muscles and always ready to pounce into action. Their hands and feet are smaller than other HealthTypes and they naturally like to stay active and busy.

THE CONNECTOR HEALTHTYPE

Similar to the Activator, the Connector is smaller in stature but with a broader bone structure, often with a wider chest and good, strong calves. Think of the Connector like a friendly puppy! Variety is the key for a Connector to stay happy and healthy.

THE GUARDIAN HEALTHTYPE

The Guardian is the strongest of all HealthTypes, with thick, strong bones and the capacity to hold the most muscle. The Guardian is naturally a provider and conservator, and hence has the ability to store fat easily in case of famine later on. Think of a bear giving you a hug - this is your Guardian!

THE DIPLOMAT HEALTHTYPE

As the most naturally nomadic body, think of the Diplomat like a majestic buffalo with a sturdy body that is strong and enduring. The Diplomat body naturally has a slower pace than others so finds it helpful not to rush about. Happiness comes for the Diplomat in comfort.

THE SENSOR HEALTHTYPE

The Sensor is naturally long and thin, with light bones and the tendency to store very little fat - like a bird! With this in mind, the Sensor is usually sensitive to the cold and requires fuel like snacks to keep their energy throughout the day.

THE CRUSADER HEALTHTYPE

The Crusader has a long, lean frame but has the capacity to hold or build more muscle than the Sensor. Their joints are of a medium size and their body is built for endurance, allowing them to push through and achieve whichever crusade they pursue - just like a horse running in the field!

Activity: The HealthTypes

PART 1: Circle the answer to each question.

Question 1:

Which HealthType has a body naturally built for endurance, likened to a horse running in the field?

- a) Crusader
- b) Connector
- c) Sensor
- d) Diplomat

Question 2:

Why is the Diplomat HealthType often associated with comfort?

- a) Strong and enduring
- b) Sturdy body with a slower pace
- c) Natural athlete
- d) Happiness comes from comfort

Question 3:

How is the Connector HealthType compared to a friendly puppy?

- a) Variety is key for staying happy and healthy
- b) Always ready to pounce into action
- c) Tendency to store fat easily
- d) Naturally nomadic and comfortable with a slower pace

Question 4:

What physical characteristic distinguishes the Guardian HealthType?

- a) Short stature
- b) Tendency to store very little fat
- c) Thick, strong muscles and bones
- d) Light bones

Question 5:

What is the key characteristic of the Activator HealthType?

- a) Broad bone structure
- b) Tendency to store fat
- c) Natural athleticism and readiness for action
- d) Long and thin frame

Question 6:

How does the Sensor's body usually respond to the cold?

- a) Cold doesn't bother them
- b) Is sensitive to cold and likes to stay warm
- c) Makes them eat less
- d) They like it

PART 2: Each of the HealthTypes is represented by a colour - can you remember which ones?

1. Colour the HealthType Circle with the colours representing each HealthType
2. Next to the name of each HealthType, draw the animal that describes it best.

