#NCSconnects Virtual Activity

**Activity:** My Identity

**Category:** Health and Wellness

**Suggested Grade Level:** Grades 7-12

**Description:** This activity encourages positive mental health (self-awareness).

**Supplies:**
- At least 2-6 players
- 6 pieces of paper (these will be your playing cards)
- Scotch tape or sticky notes
- Amplified music device (i.e., phone) or the group can sing/clap
- One dice
- A timer

**Instructions:**
1. Write these six phrases on each of the pieces of paper in large font:

   I AM  
   I CAN  
   I BELIEVE THAT  
   I ENJOY  
   I AM LEARNING TO  
   PLACES WHERE I SPEND MY DAY

2. Place the six cards on the floor in a circle and space them at least two feet apart (if all participants live in the same household). If participants are from different households, then place the cards at least six feet apart to meet social distancing requirements.
3. Using the scotch tape or sticky notes, number the cards 1 to 6.

4. When the music starts, each participant will walk around the circle. Pause behind each card before moving to the next card.

5. Music will stop and all participants must stop at the card they’re standing behind.

6. The facilitator or one of the participants should roll the dice.

7. Based on the number that the dice lands on, the person standing on that number will make a statement starting with their designated card/piece of paper (i.e., dice rolls 3, then participant standing at the card labeled with the “I ENJOY” phrase must use that phrase (i.e., I ENJOY fishing).

8. Once the participant is done sharing, the music starts, and participants will continue to walk until it stops.

9. Continue play until each participant gets a chance to stop on each card at least once; no repeats!