

ACTIVITY n° 1: IDENTITY WHEEL

Purpose: To reflect on yourself and think about your identity as well as the aspects of life that matter most to you.

Time	30minutes
Resources needed2	<ul style="list-style-type: none"> • A pen. • The Identity Wheel attached as Additional Material in Annex 1.
Activity description	<ol style="list-style-type: none"> 1. Please complete the wheel by labelling each segment of the wheel using the scale included in the wheel. You may wish to label one segment with more than one number (adapted from Runell (2010); many versions of the identity wheel can be found online). 2. After completing the wheel, please answer the following self-reflection questions: <ul style="list-style-type: none"> • Which identities were you more aware of? Do you know why? • Which identities do you take for granted and not thinking about them very often? Do you see why? • Can you identify any identities, which you need to work on being more aware of? Could you think of a strategy for doing that? • Is there anything else you would like to add to the Identity Wheel that would help describe you?
Comments& helpful tips	Being aware of your own identity and the multiple elements that compose it will help you to better understand the composition of migrants' identities.
Reference	<u>Source:</u> This activity comes from the Papyrus project which partners are The Manchester Metropolitan University, TUAS – Turku University of Applied Sciences Ltd., Kopin – Koperazzjoni Internazzjonali, WEBIN – Western Balkans Institute and CESIE. It is available at: https://papyrus-project.org/self-exploratory-activities/

Annex n°1: IDENTITY WHEEL

