

Origin Story Worksheet

What is your name and what is the meaning behind it? (it's okay if you don't know)

What are your parents' names? What are your grandparents' names?

Describe the place you are from and how you ended up here.

During what season were you born (Fall, Winter, Summer, or Spring)? Do you feel connected to this season in certain ways? How do you think your connection to this season has influenced you?

Name natural landscapes and landmarks of your birthplace, or the place you consider home. Consider mountains, forests, deserts, lakes, rivers, oceans, etc.

Name some plants and animals that also come from the place you were born, or consider home.

Are there particular foods or drinks you associate with the place you are from? Why?

What smells do you associate with the place you are from? Why?

What sounds do you associate with the place you are from? Why?

Origin Story Introductions

Based on your answers in the origin story activity above, create one (or more) introductions for yourself

- EX: "I am (this), my grandparents are (these people), my father is (this person), my mother was (this person)."
- EX: "I am Jillian, I come from summer, from a land with endless lakes and rivers."
- these answers come directly from the **origin story** responses

GOAL: students put themselves into an **orientation**