

Name: _____ Line: _____

Identity Map Worksheet

Instructions:

Use the prompts and questions below to help you reflect on who you are. Write your answers in the spaces provided. You'll use this information to create a visual identity map that shows your personal culture and influences.

Family

- Who are the important people in your family?
- Are there any family traditions or values that are important to you?
- What languages or cultural practices are part of your family life?

Answer the questions that are most interesting / engaging to you

Name: _____ Line: _____



Background

- Where are you and your family originally from?
- Are there any cultural or historical events that have shaped your identity?
- What stories or memories from your background help define who you are?

Answer the questions that are most interesting / engaging to you



Music You Listen To

- What kind of music do you enjoy the most? Why?
- Are there any artists or genres that influence your mood or thinking?
- Does your music taste connect to your culture, background, or community?

Answer the questions that are most interesting / engaging to you

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Hobbies and Interests

- What are your favourite things to do in your free time?
- Have any of your hobbies helped shape the person you are today?
- Is there something you're passionate about that's part of your identity?

Answer the questions that are most interesting / engaging to you



Groups or Communities

- Are you part of any clubs, teams, or online communities?
- How do these groups make you feel supported or connected?
- Do any of these groups represent something important to you?

Answer the questions that are most interesting / engaging to you

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Places You Feel Connected To

- Is there a place (real or imagined) where you feel truly at home? Why?
- Are there any cities, countries, or landscapes that are meaningful to you?
- How do these places relate to your identity or personal story?

Answer the questions that are most interesting / engaging to you



Final Task

Use your responses above to create a visual Identity Map. This can include drawings, words, symbols, or photos that represent the different parts of your identity.