

What makes me, me?



1. As the pupils enter

Have the [webpage open](#). Display the question 'What makes me, me?'
Be ready to display the image 'How do we change?'

2. Your introduction to the video

Begin with the question 'What makes me, me?' and ask pupils for their thoughts. Ask what the word 'identity' means. You could choose some older pupils to record answers to these questions to reflect upon after watching the video. Explain that the video is about a man called Dave who sets off on a voyage in a wooden ship called the *Theseus* and that the issue of identity becomes very important to him.

3. Play the video

Play the video. The duration is 4' 22".

Questions are posed during the video at the following times:

- 2' 10" - *Is it the same ship? And if it isn't, at what point did it become a different ship?*
- 3' 18" - *Does this mean there are two Theseuses or just one? Which ship is the Theseus?*
- 4' 13" - *Am I the same person I was when I was born? And if I am, what makes me, me?*

You could choose to pause the video at these times for a short discussion, or alternatively, watch the video through once and then stop at the questions the second time through, or pose the questions after the first viewing.

4 & 5. Time to talk

Move the discussion on from the *Theseus* to a more general consideration of identity and change. You could ask some of the following:

1. *Are we responsible for the changes in our personality?*
2. *Can we control the changes in ourselves? If not, what does control them?*
3. *What does 'turn over a new leaf' really mean?*
4. *Does where we are born influence who we end up becoming?*
5. *How well do you know yourself?*

Some children struggle with identity and who they are so you will need to be sensitive when discussing some of the above.

6. Time to sing

An opportunity for you to sing your chosen song.

Play video



7. Opportunity to reflect

'Over our lives, we have changed and will continue to change as we grow older. Some of these changes are obvious one...growing taller...being able to talk...changing our favourite flavour of ice-cream... However, some of these changes are less obvious - what we believe in...what our hopes and dreams are...or what we value most in life. Think about who you will become as you grow and develop... Will you be the same you...or different..? What makes you, you?'

8. Opportunity for prayer

*'We thank you for making us all unique.
We are all different and special.
Sometimes the people in our world struggle to accept these differences between each other.
Help me to accept and embrace the differences within myself as I grow older and change both physically and spiritually.
Amen.'*