
IDENTITY

Learning Goals

1. NCSYers will consider what makes up his/her identity
2. NCSYers will recognize that the Torah provides a context to figure out who we are.

Advisor Toolbox:

ACTIVITIES/GAMES

- Ship of Theseus Activity
- Identity Thief Game
- Bucket Session (page 71)

VIDEOS/ARTICLES

- Unknown Trailer – <https://tinyurl.com/NCSYUnknown>

DISCUSSION QUESTIONS

- Ask: “What makes you ‘you’?”
- Ask teens to point at themselves (like in R’ Kaplan article)

Activities/Hooks

- Ship of Theseus Activity (provides a visual)
 - Draw (or print) 2 pictures of the boat with the name “Marlin”. Cut up the pictures, put one “puzzle” in front of the group, and the other on the side. Replace each part of the Marlin 1 by 1. Then ask the questions in the session.
- Identity Thief Game
 - Everyone goes around introducing themselves to each other (name and a fact). When Person A introduces themselves to Person B, Person B then becomes Person A. You continue to introduce yourself to people. First person to then meet themselves stands on a chair and wins.

A Little Explanation

1. Belief is also about what we believe about ourselves.
2. The 3 sources compromising the parts of our identity are just examples to get the teens thinking about the different parts that make up who we are.
Self = “me”; Soul = Spiritual; Body = Physical
Note: Judaism does believe that the body is a sacred part of you in that you may not harm it, tattoo is or treat a dead body with disrespect (whilst you are alive and even to an extent when you are dead). [This may lead to a question on tattoos – but a conversation for later. In case the conversation about tattoos, see here: <https://tinyurl.com/NCSYTattoos>]
3. After you go through the three aspects you could go back to the original dilemma: “What makes you ‘you’?”
 - What if one piece was taken away?
4. The final thoughts for teens: Which part of themselves do they spend the most time concentrating on. Body, Soul or Self?