

Foster identity and self-advocacy skills

Future planning is dependent on identity and self-awareness.

Use the Health and Physical Education curriculum materials to explore the unique things that make up identity. The resource includes: Oho – My identity cards, Ata – Emotion cards, and This is me – my identity activity sheet.

Foster identity, self-knowledge and self-awareness through real experiences when possible:

- Identity – whakapapa, heritage, and links to people, places and ancestors.
- Cultural identity and recognition of the place of Māori as tangata whenua in Aotearoa.
- Self-knowledge – personal aspirations, strengths, weaknesses, and motivations.
- A sense of self and an ability to imagine a future self.
- Aspirations for lifestyle that are strongly influenced by culture and context.
- Awareness of personal, social, psychological, and environmental factors.
- Awareness of the influences from whānau and community.

Adapted from: [Me, right Now!](#) – Health and Physical Education.

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