



Greater Good in Education  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## IDENTITY WARMUP

Answer the following set of questions quickly. Do not think too much about spelling or grammar, just jot down your first thoughts. Try not to spend more than 30 seconds on each question.

1. What people, things, or activities make you smile or feel content?
2. What are you good at? (strengths, talents)
3. What kind of activities do you find so absorbing that you lose track of time?
4. What things are you most grateful for and why?
5. Who in your life helps you and how?
6. Who do you admire and why?
7. Who do you feel closest to and why?
8. If you could change something about the world, what would it be?