

Finding Who You Are™

A 7-Week Virtual Identity Journey · Ages 9–12 · Course Syllabus

Course Overview

Finding Who You Are™ builds upon The I AM Unshaken Identity Path™ using age-appropriate conversations, journaling, and reflective activities.

Students learn how identity influences choices, relationships, and confidence while developing practical habits for emotional well-being — through real, relatable situations rather than abstract concepts.

Format

- 7 weekly virtual sessions, 30 minutes each
- Delivered live, in a small-group format, via video
- No caregiver co-attendance required, though families are welcome to review the weekly journal prompts together
- Each session follows the same five-part rhythm established across the series: Welcome & Check-In, This Week's Idea, Let's Talk About It, Try It Yourself, Carry This With You

A Note on Content

Each week opens with a short, relatable scenario written for this age group — situations around friendships, group belonging, trying new things, and early social comparison — used as a discussion starter rather than a read-aloud story.

The Seven Practices

- Self-Knowledge
- Stillness
- Self-Compassion
- Trust
- Letting Go
- Consistency
- Openness

Outcome

Students strengthen self-awareness, emotional intelligence, confidence, and resilience while learning practical tools for navigating friendships, school, and personal growth.

Weekly Session Plans

WEEK 1 — Self-Knowledge

Identity Path State: Knowingness

Learning Objective

Students begin to separate who they are from what they do — their roles, achievements, and labels.

Welcome & Check-In (3 min)

Quick round: one word for how everyone's feeling as the group starts.

This Week's Idea (8 min)

Scenario: "Maya is great at soccer, but she twists her ankle right before the big tournament. For a while, she isn't sure who she is without soccer." Introduce the idea that identity is bigger than any one role, activity, or achievement.

Let's Talk About It (8 min)

- If you couldn't do the thing you're best known for, who would you still be?
- What are three words that describe you that have nothing to do with what you achieve?

Try It Yourself (8 min)

Journal prompt: "Three things that are true about me, no matter what kind of day I'm having."

Carry This With You

This week's phrase: "I know myself."

WEEK 2 — Stillness

Identity Path State: Stillness

Learning Objective

Students practice pausing before reacting, especially in moments of frustration or conflict.

Welcome & Check-In (3 min)

Recap: one thing from last week's journal, shared voluntarily.

This Week's Idea (8 min)

Scenario: "Jordan gets left out of a group chat plan and immediately fires off an angry text." Introduce the idea of the pause between a feeling and a reaction.

Let's Talk About It (8 min)

- What usually happens in your body right before you react to something?
- What might change if you paused for ten seconds first?

Try It Yourself (8 min)

Practice a simple grounding technique together (box breathing: in for 4, hold for 4, out for 4, hold for 4), then journal about one recent moment a pause might have helped.

Carry This With You

This week's phrase: "I can pause before I react."

WEEK 3 — Self-Compassion

Identity Path State: Love

Learning Objective

Students practice noticing harsh self-talk and replacing it with the kind of language they'd offer a friend.

Welcome & Check-In (3 min)

Quick check-in on how the pause practice went this week.

This Week's Idea (8 min)

Scenario: "After bombing a math test, Alex thinks, 'I'm just bad at this. I'll never get it.'" Introduce the difference between a hard moment and a harsh self-judgment.

Let's Talk About It (8 min)

- Would you ever say that sentence to a friend who failed a test? What would you say instead?
- Why is it often easier to be kind to others than to ourselves?

Try It Yourself (8 min)

Journal prompt: rewrite one harsh thought from this week the way you'd say it to a friend.

Carry This With You

This week's phrase: "I am kind to myself."

WEEK 4 — Trust

Identity Path State: Faith

Learning Objective

Students practice trusting themselves to handle an outcome, without needing certainty in advance.

Welcome & Check-In (3 min)

Quick round: one thing that went differently than expected this week.

This Week's Idea (8 min)

Scenario: "Sam wants to try out for the school play but has never acted before and doesn't know if they'll be any good." Introduce the idea of trusting yourself to handle it, whatever "it" turns out to be.

Let's Talk About It (8 min)

- What's something you're on the fence about trying because you're not sure you'll be good at it?
- What's the difference between "I know it'll go well" and "I trust myself to handle it either way"?

Try It Yourself (8 min)

Journal prompt: name one thing you're willing to try this month without needing to know the outcome first.

Carry This With You

This week's phrase: "I trust myself."

WEEK 5 — Letting Go

Identity Path State: Non-Attachment

Learning Objective

Students practice noticing comparison and loosening its grip.

Welcome & Check-In (3 min)

Quick round: how did the "trying something new" journal prompt land this week?

This Week's Idea (8 min)

Scenario: "Priya worked hard on a project she was proud of, until she saw a classmate's version and suddenly felt like hers wasn't good enough." Introduce the idea that comparison can shrink something that was already good.

Let's Talk About It (8 min)

- Has something you were proud of ever felt smaller after comparing it to someone else's?
- What's something you can let go of comparing this week?

Try It Yourself (8 min)

Journal prompt: write about something you made or did that you're proud of — without mentioning anyone else's version of it.

Carry This With You

This week's phrase: "I don't need to compare myself to others."

WEEK 6 — Consistency

Identity Path State: Devotion

Learning Objective

Students practice showing up for their own effort, even when motivation dips.

Welcome & Check-In (3 min)

Quick round: one small win from this week, big or small.

This Week's Idea (8 min)

Scenario: "Diego was excited to practice guitar every day, but after two weeks the excitement faded and it started to feel like work." Introduce the idea that consistency isn't about staying excited — it's about showing up anyway.

Let's Talk About It (8 min)

- What's something you started with excitement that got harder to stick with?
- What helps you keep going when motivation runs out?

Try It Yourself (8 min)

Journal prompt: pick one small habit to practice for the week ahead, and one plan for what to do on the day you don't feel like it.

Carry This With You

This week's phrase: "I keep going, even when it's hard."

WEEK 7 — Openness

Identity Path State: Receiving

Learning Objective

Students practice sitting with uncertainty about change without needing it to feel resolved right away.

Welcome & Check-In (3 min)

Look back across the six weeks: which practice has felt most useful so far?

This Week's Idea (8 min)

Scenario: "Riley is about to move to a new school and doesn't know anyone there yet." Introduce the idea that not knowing what's coming doesn't mean something is wrong — it can just mean something new is starting.

Let's Talk About It (8 min)

- Is there something changing in your life right now that feels uncertain?
- What's something new that might be waiting on the other side of that change?

Try It Yourself (8 min)

Closing journal prompt: write a short letter to yourself about something you're open to trying or feeling okay not knowing yet.

Carry This With You — Series Closing

This week's phrase: "I am open to what comes next." Close the full 7-week journey with the complete refrain: I know myself. I can pause before I react. I am kind to myself. I trust myself. I don't need to compare myself to others. I keep going, even when it's hard. I am open to what comes next. I AM UNSHAKEN.

Closing moment for this final session — a certificate of completion and/or a group share-out of one thing each student is taking with them.

Facilitator Notes

- Each session's structure is fixed (Welcome & Check-In, This Week's Idea, Let's Talk About It, Try It Yourself, Carry This With You) so students build a reliable rhythm across all seven weeks.
- The weekly scenarios are intentionally gender-neutral and situation-based rather than tied to any one student's real life — this keeps the discussion open without singling anyone out.
- Journal prompts are private by default — students are never required to share what they wrote, only invited to if they want to.
- "Let's Talk About It" questions are prompts, not scripts — follow a student's answer where it leads.
- This age group can handle slightly more direct language than the 4–8 course — scenarios can name real emotional stakes (embarrassment, being left out, self-doubt) without needing a story metaphor to soften them.