

## Individuality March 2019



### SAY IT:

Discovering who you are meant to be so you can make a difference.

### KNOW IT:

#### ASK A KID:

- Think of all of the things you enjoy doing. Do you like to paint, play outside, swim, build things, etc.? Think of how these interests and talents can help you make a difference in the lives of others.
- Are there activities that you are interested in, would like to learn more about or would like to try? Talk with your parents and see if you can explore these options. Trying new things can be good to help you discover what you are good at and who you are meant to be.

#### ASK A GROWN UP:

- How old were you when you discovered what you wanted to be when you grew up?
- Did you know as a young child or were you an adult before you knew?
- What experiences helped you discover who you are and who you are meant to be?
- What does "so you can make a difference" mean to you?

### SEE IT:

The Disney movie *Moana* is a great story about a girl who is in search of who she is meant to be. Watch this short clip from the movie. Discuss the words and ideas that Moana and her grandmother use to describe who Moana is truly meant to be. [youtube.com/watch?v=HEiSF-8HpyDg](https://www.youtube.com/watch?v=HEiSF-8HpyDg)

### BE IT:

One night this month, sit down as a family and have everyone complete an interest inventory. An example of a good, free resource for interest profiles can be found at [mynextmove.org/explore/ip](https://mynextmove.org/explore/ip). There are 60 items on the inventory that assess a person's likes and dislikes. Once the inventory is complete, it asks how much education you are interested in completing. After education level has been selected, it generates a comprehensive list of jobs that are tailored specifically to the individual. This can be used as a tool to help discover who you are meant to be and how you can make a difference in the world.

# PHASE

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## It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count  
on you to...

**So don't miss it.** It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.