

*I Am* ...

Each of us has been influenced by a variety of factors in our lives – people, events, sounds – all of the things you see listed below. Those things have shaped us in one way or another and have made use what we are today. In this activity write your own “I AM ...” story by selecting from the following: *places, products, food, people, common things, pictures, events, phrases, smells, sounds, sights, and ouches.*

You’ll be asked to introduce yourself to others in the room by sharing your “I am ...” activity sheet.

*I AM* ...

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