



Backpack activity

Topic: Identity

Key Stage: any age

Hand out a copy to each student of the backpack image template. Or ask them to draw their own picture of a backpack.



Ask the class “Why do you think a backpack might be a good metaphor for thinking about identity?”

Suggestions might include:

- We can (and do) add to our backpack
- We can unpack it to remind ourselves of what’s in it
- We can reorder the contents according to our current priorities
- It has zips and pockets...

Creating the backpacks

Hand out the backpack template to each student and get them to fold it in half. Ask them to think about the factors that make up their identity and add these to their backpack.

Prompt questions

- See me and you’ll learn – outside (front of the bag)
- Meet me and you’ll learn – inside of the bag

- Spend time with me and you'll learn – pockets
- Anything that makes up who you are that is not listed – zips (students to draw on)

Model to the students unpacking a few items from your own backpack to show students some examples of your identity, referring back to the prompt questions.

Students create their own backpacks, drawing and writing on their identities onto the different areas of the backpacks.

Reflection questions

Ask the class:

- How did you find the activity?
- Which bits were most challenging? Why?
- Where did faith or belief feature?

Extension

Can they share their backpacks with a partner or in a small group?

Did they have anything in common with someone else?

Did they learn something new?

How did it feel to talk about their identity?