

Below are rites of passage activities with step-by-step instructions for you and your child to follow.

Activity 1a - Mind-Mapping

Give your child several sheets of paper and a pen and have them write, "Who am I?" in the center of each of the pages.

Get them to do a series of mind maps where they write down who they perceive themselves to be in various areas of life. Spend a few minutes on each of the following mind map topics:

- **Relationships** – List all the different relationship roles that they have, such as brother, son, grandson, nephew, student, employee, boyfriend, etc.
- **Cultural** – List cultural aspects of their life like religion / faith, ethnicity, language, nationality, etc.
- **Likes** – List their favorite activities, hobbies, music, sports, TV shows, etc.
- **Dislikes** – List the activities, music, sports, TV shows, etc. that they don't care for.
- **Hopes** – List things that they want to do in the future, such as jobs, how many kids they want, going skydiving, etc.

Your more creative young people will prefer to visualize these rather than simply writing their answers down. Therefore, have colored pens or pencils on hand so that they can draw/sketch/doodle their answers instead.

Activity 1b – Compare & Contrast

Using the mind maps, have them compare who they perceive they are with to other young people they know. Who do they have most in common with? Are they surprised by what they find?

The similarities will help your young people find common ground. If any find that they don't have much in common with other youth, celebrate the differences.

Activity 2 – Fan Mail

This activity is good for young people. Instead of asking, "Who am I?", can you ask "Who am I in other people's eyes?" from a positive viewpoint.

Have adults, youth and leaders who know your child write them a note or letter about whom they see them as or things they like or appreciate about them. Be creative. Maybe you label your note as "Top 5 Things I Appreciate About This 8th Grader." Have them mailed them to your child at different times or gather all of them and present them all at one time.



Activity 3 – Who Are You?

The final activity will need a little preparation as you need photos of your child. In the back of the photos, write, "Who are you?" at the top, then write, "you are..." and list several positive statements and character traits about the young person. This will therefore be similar to the Fan Mail activity, only this time it's you rather than their peers who's giving them the feedback. If possible, include other adults by having them write something positive about your child too.

The back of the photo may therefore read something like:

Who Are You?

You are...

- *Generous*
- *Kind*
- *Always helping to tidy up*
- *An encourager*
- *A great singer*

Give them each photo or create an album to keep. They'll be sure to treasure both this and fan mail.