Say to Teen: A big part of self-awareness is knowing who you are and where you come from.

My Fingerprint

Materials:
- paper
- pen/pencil/markers/crayons

Directions: Teens will tell their story of where they come from and who they are, but they must write it in a form of a fingerprint. The fingerprint is a symbol of the mark they leave on everything they touch and how it becomes part of who they are becoming. Pro tip: Parents use this time to discuss with teens their family history and some of your story that relates to who they are now.

Example:

Reflection: Reflect with teens about the story they wrote, and how everything they do and touch becomes embedded into their fingerprint that they will leave on the world. Discuss how who they are and what they are doing will affect their future.