Personality Insights – Year 10 Worksheet (Colour Model)

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 🎯 Learning Objective:

To explore personality using the Insights Colour Energy Model and understand how knowing your personality can help you in school, friendships, and future choices.

# 🎨 1. What’s Your Colour Energy?

Read each colour description below. Tick the ONE that sounds most like you:

## 🔴 Fiery Red

* I like getting things done fast.
* I enjoy being in charge or leading.
* I speak up and take action.
* I can get frustrated if things move slowly.
* ✅ Tick if this is most like you: ☐

## 🟡 Sunshine Yellow

* I love talking and having fun.
* I enjoy group work and being around others.
* I bring energy and excitement.
* I get bored when things are too serious.
* ✅ Tick if this is most like you: ☐

## 🟢 Earth Green

* I care about how others feel.
* I’m calm, kind and like helping people.
* I don’t like conflict or arguments.
* I prefer a peaceful, friendly vibe.
* ✅ Tick if this is most like you: ☐

## 🔵 Cool Blue

* I like to think before I act.
* I pay attention to details.
* I’m organised and like things to be right.
* I prefer structure over surprises.
* ✅ Tick if this is most like you: ☐

# 🧠 2. Reflect: Why Does It Matter?

1. What colour did you choose? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Why do you think that colour fits your personality?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Can you see bits of yourself in more than one colour? Which ones?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 🤝 3. Working with Other Colours

Match the scenario with the most helpful colour energy:

|  |  |
| --- | --- |
| Situation | Best Colour Match (Red, Yellow, Green, Blue) |
| Someone needs to organise a group project |  |
| A friend is feeling left out and upset |  |
| You want to create a fun school event |  |
| You need someone to double-check important details |  |

# 🔄 4. What Happens When Colours Clash?

Sometimes people with different colour energies clash or misunderstand each other.

Example:

🔴 Red might say: “Let’s just get it done!”

🔵 Blue might say: “Wait, we need more information first!”

Question:

Have you ever clashed with someone because of different styles? What happened, and how could you understand them better?

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# 🗨️ 5. Discussion: What Colour Is Our Team?

In pairs or groups, share your colour energies.

- Are you all the same or different?

- How might your team work well together?

- What could be tricky?

Write one strength and one challenge of working together:

Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Challenge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# 🧩 6. Extension (Optional): Build Your Personality Pie!

If you see more than one colour in yourself, draw a circle and divide it into slices to show how much of each colour you have. Colour each slice and label it 🔴🟡🟢🔵.