ACTIVITY 1

A DRAWING ABOUT ME

SKILL/S COVERED: Self-knowledge
APPROXIMATE TIME NEEDED: 45 minutes
AGE GROUP: 6-12 years old

BRIEF INTRODUCTION
This activity is designed to help students explore and articulate aspects of their identities and how they perceive themselves. By creating a visual representation of their personalities and preferences, students gain deeper insight into who they are.

AUTHOR OF THE TOOL/EXERCISE WITH REFERENCING LINK
Original activity designed by Deses3, adapted from general self-awareness practices.

GOAL
To enhance students' understanding of their personalities, strengths, and areas for growth, promoting greater self-awareness.

NUMBER OF PARTICIPANTS
Can be conducted with any number of students, ideally in groups of 4-6 for effective sharing.

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NECESSARY MATERIALS

- Paper
- Colored pens or pencils
- Magazines (for cutting out images)
- Scissors and glue

DETAILED DESCRIPTION

INSTRUCTIONS

1. Each student receives a sheet of paper and access to colored pens, pencils, magazines, scissors, and glue.
2. Instruct students to think about what makes them unique, including their hobbies, interests, strengths, and dreams.
3. Students will draw or create a collage on their paper that represents these personal attributes.
4. After 30 minutes of crafting their sheets, each student will present their " A drawing about me " collage to their small group, explaining the significance of the items they chose to include.
5. Encourage classmates to ask questions after each presentation to foster understanding and dialogue.

DEBRIEFING QUESTIONS:

1. What did you learn about yourself through this activity?
2. How did it feel to share your collage with others?
3. What did you learn about your classmates during this activity?
4. How can understanding yourself better help you in school and in your relationships?

OTHER USEFUL INFORMATION:

This activity can be adapted for different age groups by modifying the complexity of the discussion questions and the collage components.

Consider a follow-up session where students reflect on any changes in self-perception over the school year.

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