

About Me



Group size

20-25



Group age

14 -18



Duration

40-60 minutes/2 lessons
(depends on the group size and the willingness to express one's own opinion)



Relation to subjects

Sociology, Psychology, Career Education, Class Meeting, Literature, Language lessons



Preparation

Before starting the activity, the facilitator should prepare a sheet with the sentences (see the Annex).

The room has to be set so that participants can discuss and see each other, preferably in a circle.



Materials

1. Paper
2. Pens
3. Background music

Step by step instructions

1. The facilitator creates a peaceful and unforced environment and atmosphere
2. Each participant is given a sheet with the unfinished sentences
3. The facilitator plays calm background music and gives sufficient time for writing the answers. Participants have to answer all questions, only if they want. They are free to skip some
4. When everyone has finished, the facilitator asks the participants to read their answers aloud. Participants should do this on a voluntary basis

Alternatively, when it is time to share answers:

- The facilitator can ask students to mention three most surprising findings about him-/herself
- The facilitator can choose a particular question and ask everyone who wants to share their responses. The answers are grouped on the blackboard/on paper
- The facilitator can launch the discussion and encourage students by expressing his/her personal experience



Comments & Tips

A peaceful and unhurried atmosphere must be created to help the participants in reflecting on themselves. It takes time. Before asking students to reflect on themselves, the facilitator can ask general questions to direct the topic: how do you feel? How are you? When did you last think about yourself, your achievements, your character, your good deeds?

Risk: The answers can be negative, rude, mocking, especially among teenage students. The facilitator has to be as flexible as possible. In these cases, do not ignore but try finding the positive aspects.

If you feel there is too much aggression in the classroom, you can arrange a conversation where the participants have to complete sentences on the subject. For example, what disturbs me, what infuriates me, what can I do to deal with anger, aggression etc. Students can also respond by drawing. For shy participants, drawing can be helpful.

Evaluation

At the end of the activity, the following questions are used for evaluation:

- How did you feel during the activity? What would make you feel better?
- Is it easy to figure out positive aspects about yourself? Is it easy to express them aloud?
- Do you truly believe in what you have answered?
- What is confidence? Why is it important? How to reinforce it?
- What do you have in common with your peers?
- Are you aware of your talents, abilities, skills?
- Did you find out anything new about yourself or about your classmates?

Annex - A list of sentences

- I like myself because...
- I'm an expert at...
- I feel good about...
- My friends would tell you I have a great...
- My favourite place is...
- I'm loved by...
- People say I am a good...
- I've been told I have pretty...
- I consider myself a good...
- What I enjoy most is...
- The person I admire the most is...
- I have a natural talent for...
- Goals for my future are...
- I know I will reach my goals because I am...
- People compliment me about...
- I feel good when I...
- I've been successful at...
- I laugh when I think about...
- The traits I admire myself for are...
- I feel peaceful when...