

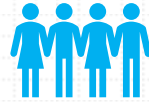
Self-Awareness – Activity 1



Understanding My Strengths



Time Taken: 15 minutes



Group Size: 10 students +

Skills Developed:



Confidence



Communication



Self-awareness



Creativity

Resources Required:

- Cardboard people (or plain paper)
- Felt- tipped pens or coloured pencils
- Pen and pencils

Instructions:

1. Set room up for students to be sat at tables
2. Allow students to select their cardboard person (or get students to draw a stick person on a sheet of plain paper).
3. Each student writes their strengths on one side, and weakness on the other side
4. Ask students about their choices
5. Finish with a group discussion about self-awareness

Top Tip!

If a student is struggling to think of their strengths/weaknesses, ask them what they think a friend or family member would say about them.

A future where all young people are confident, resilient and lead fulfilling lives