



Life Skills – Self Awareness

The Wonderful Layers in Me



Aim of the Game: To draw a picture of one's self and list the personal qualities.

Learning Objectives:

- To examine personal qualities.
- To identify sources of these personal qualities.
- To identify commonalities and differences in relation to other peoples characters.

Structure: Individual to Group (for sharing)

Time: 15-30 minutes

Materials: Paper, pens and crayons.

Method:

- Give out the materials to the Scouts and ask them to do the following:
 - Draw yourself at the centre of the page,
 - To the left of your drawing, list your physical qualities (what people can see),
 - To the right, list your inner qualities (what people cannot see).
- When completed, note down where you think these qualities have come from e.g. fair hair (from my mother), patience (from my father).
- In group, share your answers.

Evaluation:

- How did the activity go?
- What did we discover?
- What makes us similar to others?
- What makes us different from others?
- How do you feel about yourselves?
- How do you feel about others?