

Activities for self-discovery

Designing Self-Collages

Have students create a collage using pictures, words, or symbols clipped from magazines that represent things they enjoy doing or own; places they've been; people they admire; or careers they desire. They place their names on the back, and the collages are posted around the room. Other students then try to guess which collage belongs to whom and explain why they made that guess.

Ranking Traits

Have students tear a piece of paper into ten strips. On each strip, they write a word or phrase that describes them. Assure students that no one will see what they have written, so they can be extremely honest. Then the student arranges the traits in order from what s/he most likes about himself/herself to what s/he least likes. When done, ask, "Do you like what you see? Do you want to keep it? Now give up one trait. How does the lack of that affect you? Now give up another. Give up three. Now what kind of person are you?" After giving up six of the qualities, have students reclaim the traits one by one. Frequently great tension is noticed in students as they decide which traits they will give up. They comment about how incomplete they feel without those traits. A new understanding of the importance of those traits is realized as traits are regained. After the session, have students write in their journals what they kept and what they learned about themselves from the experience.

Accentuate the Positive

Have the students sit in a circle facing one another and focus on one member at a time. Have all the students in the group tell all the positive things they can about that person. Encourage compliments that focus on behavior rather than something that cannot be altered or developed like a physical characteristic. No put downs are allowed. Every comment must be positive. One student acts as the recorder. This list is then given to the person for his/her journal.

Thumbprints

Have each student place one or more of his fingers on an inkpad and make prints on a plain piece of paper. Print and distribute to each student a copy of the [Finger Print Pattern](#) document. Reinforce that this is a fun activity not a scientific one! After talking a little about the uniqueness of finger prints, have students compare theirs for similarity to the 11 patterns. Have them write or talk about whether or not they believe the personality characteristic for each pattern is an accurate descriptions of them.

Create a "Me" Commercial

Using an iPad or iPhone, have each student create a two- to three-minute television commercial. The topic is why someone should hire him. The commercial depicts the student's special qualities. After they work on these, the students present their commercials to the class.

Write Yourself a Letter

Have students write themselves a letter and seal it in a self-addressed envelope. Tell them that no one else will read this letter, so they can say anything they want. However, a part of that letter might include who their friends are; their current height and weight; favorite movies and music; and special things (both good and bad) that occurred during the year. Encourage them to include a current picture. On another sheet of paper, have the students write ten goals they would like to accomplish by this time next (or two or three) year. **At the end of the designated time period, mail the letters back to the students.**

Drawing Self Portraits

Using a small mirror, students draw themselves and divide the shape for the face down the center lengthwise. Half the face should be a depiction of how the student sees himself/herself, and the other how s/he thinks others see him/her. This is accompanied by a journal entry that describes how the student sees him/herself versus how s/he thinks others see him/her.