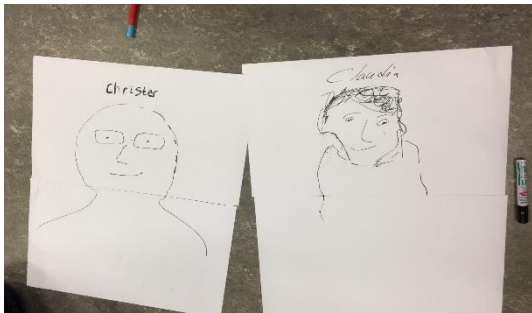


## Who am I?

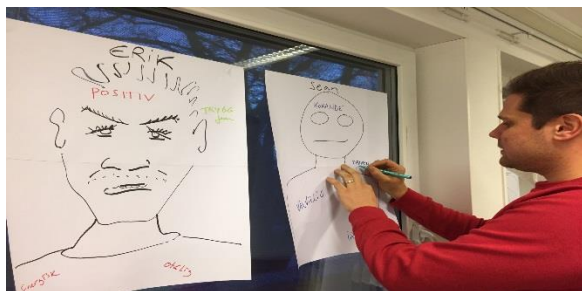
### Silhouette



1. The group splits up into teams consisting of two people. The partners each draw a silhouette portrait of one another and add the name of the partner above the portrait.
2. Then the partners exchange portraits. Everyone takes a little time to think about a word or expression to write on the forehead of their own silhouette. This expression or word should depict either who you are, who you want to be, what you want to be, how you want people to see you or how you feel right now.

(To get a whole 'picture of yourself' you can later add other things about yourself inside the portrait. This can be positive thoughts and strengths as well as negative things about yourself such as fears.)

3. After that, the pictures are being put up on the wall. During the day everyone should write a message or sentence around the silhouettes of the others in the group. This message should be how you perceived the other person: "You're awesome.", "I liked your smile" or simply a word to describe the other person like "lovely", "creative" ...



4. The last step consists of everyone reading the sentences received on their portraits. This can be e.g. that everyone stands next to their portraits and reads the sentences out loud in front of the group so that any back up questions can be asked. ("What did you mean by that?" – "I wrote this down, because...")

This step is for standing up for what you have written down and explaining why you wrote it.



### Tree of Hands

1. Every participant draws the outlines of their hand on a piece of coloured paper.
2. After cutting out the hand everyone should write their name on the palm of the hand. Additionally, the participants are encouraged to write more on the hands, for example an emotion they have felt lately or if the participants are confident to share more they can write facts about themselves in the outlines of the fingers.
3. In the end all the hands are arranged so that they depict the leaves of a tree.

### Three Animals:

1. All the participants are split up into teams of two people. Every team mate has to list 3 animals they like or are important to them. After that they have to name 3 characteristics that describe the animals they mentioned.
2. Resolution:  
The first animal and its 3 characteristics projects how you see yourself.  
The second animal and its 3 characteristics projects how others see you.  
The third animal and its 3 characteristics projects how you really are.

**Choosing game:** All participants stand in a circle. Inside this circle are objects in different colours. Everyone should now choose an object according to the colour. You should choose a colour which describes you in some way. After everyone has chosen an object they now can explain why exactly they

chose it, how it describes themselves or what was going through their head during this process. (Alternating can this also be done with different cards or pictures which the participants have to choose from.)