

#1 WHO AM I?

Learning outcomes:

To see themselves from a new perspective and learn something new about their personality.

ASSET	CONTENT	TIME	MATERIAL
Seated in circle	Each participant will receive a blank paper and will be asked to write down 3 adjectives/nouns that well describe her/him. Everything has to remain anonymous.	10 min	Pens, paper, colours
Seated in circle	The participants will create paper airplanes with the sheets containing the three words previously selected and will make them fly to the other participants.	2 min	Pens, paper, colours
Seated in circle or in any other place in the room comfortable enough to reflect individually	Opened the airplane received, the participant will be asked to reflect to the new three words received and try to fill the following sentences: <ul style="list-style-type: none"> • I am... because • I am... when • I am... but I would like to be more... 	10 min	Pens, paper, colours
Seated in circle	Each participant will share to the other the three words trying to use the sentences above to explain how they are connected with her/his personality.	10	Pens, paper, colours
<p>The trainer will ask to the participants about their feelings in sharing and let their characteristics go to someone else.</p> <p>The youth worker will also explain the importance of auto-reflection (phase one) and transference in other shoes in order to explore the most hidden parts of our complex personalities.</p>			