

THE TEAM INSIDE ME

Experiential education



individual



drawing



30 mins- 1 hour



indoors



PURPOSE

- SELF KNOWLEDGE

MATERIALS

- white paper
- pencils, colors, pens

PREPARATION

- table and chair or flat ground for drawing
- soft, meditative music in the background can help the process
- create an emotionally safe atmosphere

INTRO

- This activity is a self-reflective task, which enables you to get in closer contact with all the characters inside your personality.
- This activity is based on the theory that we are a collection of different characters (teacher, policemen, counselor, mother, activist, lawyer, etc.), which are guiding our behaviours and decisions in different moments of our life.





STEPS

1. Find a quiet place where you can draw and write.
2. Spend around 20 to 30 minutes trying to find and name the team of characters inside you.
3. Draw yourself as a self portrait containing all these characters. Stick figures are the easiest, but you can be as creative as possible and use your imagination.

REFLECTION

- How can you describe the picture?
- What did you find challenging in this task? How did you overcome these challenges?
- How would your team act in a difficult situation? Which characters are stronger, and which ones have less influence? How can you train some of these characters to become more influential?

COMMENTS

- Use the activity at the end of a longer program, so the facilitator first has a chance to observe the actions, reactions, behaviours of the participants and to balance emotionally difficult situations if necessary.
- This kind of work can bring up a lot in participants, so be mindful of what kind of group you might offer it to. Before the activity make sure there is trust in the group.

! ! ! THE TEAM INSIDE ME ! ! !

