

# FACT SHEET

## AIM:

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To think about self and its positive strengthening aspects.

## TYPE OF ACTIVITY:

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good as a closing activity of a workshop or series of workshops

## TARGET GROUP:

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1 to 20 people  
with model: 13 years and younger  
without model: 13 years and older, see alternative version

## DURATION:

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- ▶ 40 to 60 minutes

## ACCESSIBILITY:

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- ▶ ability to read and write (literacy)

## MATERIALS:

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- ▶ Polaroid camera
- ▶ printed models on thick paper
- ▶ or/and the worksheet "Message for..."
- ▶ glue, photo tapes
- ▶ pencils

## PROCESS:

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Each person will be photographed with a Polaroid camera. Depending on the group and age, the participants can also photograph one another. The photo will be glued on the model and be filled out. After this, there will be a conversation about the characteristics. Additionally, they can be presented voluntarily.

## ALTERNATIVE VERSION:

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In addition, everybody gets a model of "Messages for...". This piece of paper will be passed around, and everybody writes what they appreciate about the owner of the paper.

## ALTERNATIVE VERSION FOR OLDER PARTICIPANTS:

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For older participants; the Polaroid photo can be glued on thick paper. Next, everybody writes down what they see as the important or positive features of their life. That could be:

- ▶ Characteristics of myself
- ▶ Important (positive) people/things/activities etc. in my life
- ▶ Wishes for the future

On the back of the paper, there can also be space for compliments from the other participants.