



Youth Work Resources

Individual exercise 10

This exercise can be used in both group work situations and individual work on a one to one basis. It looks at self-image and how each person sees themselves.

In this exercise ask your group or individual to choose one of the little blob people to represent themselves. Each position on the tree or around it can mean different things for different people. Ask them to share why they chose the one they did or they can colour it in and make notes on the sheet

This exercise is a good one to do at various times in the life of the group or work with an individual as people can change there perception of where they are at any given time.

It's also an idea to keep the tree for each person so that they can compare it with the last one they did.

Another idea is make a very large photocopy and place it on a wall and invite people to do the same exercise.

Please be aware that this activity can bring out some deep emotions and should not be used lightly it's a good exercise but be sensitive.