



ACTIVITY: 'HEART OF THE HOME'

TIME: 10–15 minutes
SIZE: Large groups/whole of class
SPACE: Seating room
RESOURCES: Pens, paper, hat/bucket

The aim is for students to use comparisons with functional objects to encourage thought about unique personal qualities and strengths.

The result should be an enhancement of thinking skills used to help challenge negative self-talk and to promote positive feelings about Sense of Self-worth.

1. Conduct a brief discussion about kitchens. Every home has one – basic or grand – and each is populated with all sorts of utensils. Consider brainstorming a quick list, perhaps under groupings like: Essential (e.g. cutlery, frypan); Useful (e.g. blender, grater); Specialty (e.g. egg-slicer, olive pitter).
2. Students then think about which kitchen utensil they'd see themselves as. Have them write it on a slip of paper without their name. No talking! Allow one minute.
3. Put the slips in a hat or bucket and then have students each pick out a slip to read aloud. The class then guesses who may have written about the utensil in question and why.
4. Students unwilling to admit to authorship do not have to, but those willing to share can give their reasons (e.g. 'I chose "chopping board" because I am resilient and reliable.').



DISCUSSION SUGGESTIONS

- How easy/hard was it for people to think of themselves in terms of a utensil? Why/why not?
- Was it easy or difficult to attribute utensils to individuals? Why/why not? What does that say about the individual? What does that say about the guesser?
- Every utensil has a purpose and worth, whether it is used daily or rarely. Sometimes our Sense of Self-worth only becomes apparent to us in certain circumstances; brainstorm a list of those situations.
- Was your utensil's worth in any way similar to the way you see your own worth? Is there another device – not necessarily in the kitchen – that more closely reflects how you value yourself?
- How can you apply the skills used in this activity in your day-to-day life? What skills could you build up to help bolster your Sense of Self-worth more regularly?