



## ACTIVITY: 'I AM LIKE ...'

**TIME:** 20–40 minutes  
**SIZE:** Individuals  
**SPACE:** For individuals to work  
**RESOURCES:** Aluminium foil

**The aim** is for participants to express things they value through sculpture.

**The result** should be an appreciation that everyone has the ability to find value in their world, regardless of their skill-set and possessions.

1. Briefly brainstorm things that students find valuable in their day-to-day life. These should not include things like possessions (iPods, trophies, etc.), but concentrate on experiences (enjoying the breeze on their face, making a friend laugh, feeling the water in the swimming pool, etc.).
2. Distribute a length of aluminium foil to each student.
3. Students are to express in aluminium foil sculpture – realistic or abstract – something (feeling or experience) that they find valuable in the world (again, **not** a possession).
4. Allow as much time as you see fit.
5. When sculptures are done, ask whether anyone wishes to share their sculpture and its rationale to the wider class.

NB: an alternative approach for younger students is to contemplate what animal they consider themselves to be like, and why (e.g. 'I am like a horse: useful and wilful'). They then create their animal out of aluminium foil.

## DISCUSSION SUGGESTIONS



- How easy or hard was it to think about things that add value to your life? Why/Why not?
- Do you think your enjoyment of those things helps you to define yourself? In what way?
- Have you always felt that way? Do you think these things change over time? What does that say about your Sense of Self-worth? Does it change over time, too? What might be some causes of those changes?
- Was it easy or hard to express your idea using aluminium foil? Why/Why not? Was it easier or more difficult than expressing it verbally? Do you think it would be easier now to bring that idea to mind in the form of self-talk?
- What skills do you think you learned or exercised in this activity that you could apply to everyday life? During what circumstances might these skills be especially valuable?