



ACTIVITY: 'I'M NOT PERFECT, BUT ...'

TIME: 10+ minutes
SIZE: Individuals
SPACE: For individuals to write
RESOURCES: Pen, paper, hat/bucket (optional)

NB: If students are struggling to find good qualities about themselves, you may need to remind them that their uniqueness is itself a truly valuable quality.

The aim is for students to carefully consider their positive qualities and characteristics.

The result should be an improved ability for students to access those positive, affirming thoughts about themselves in their day-to-day lives.

1. Have students imagine a world where no one wants for anything material – what people crave and value highly is genuine human interaction and positive relationships.
2. Students are to write eBay-style advertisements – but the products they are putting up for bid are themselves as friends. They each have just 40 words to think about the qualities that they possess that would make them an excellent friend for the successful highest bidder.
3. Stress that these advertisements must be truthful.
4. Students draft their advertisements. Allow no more than 10 minutes for the creative process.
5. Consider having students write their ads on small slips of paper and put them into a hat/bucket. The slips can be drawn and read aloud one-by-one – students need only admit to authorship if they are comfortable doing so.



DISCUSSION SUGGESTIONS

- This activity was a fiction, and true friendships cannot be bought or sold. But in real life, friendship does have rewards and costs – what are some?
- In what ways do good friendships strengthen one's Sense of Self-worth?
- In what ways could relationships with critical people undermine a Sense of Self-worth?
- What qualities do you admire in your friends?
- Did you find it easy or hard to think about the qualities that make you a good friend? Why/why not?
- Did thinking about your qualities make you feel better about yourself? If so, how can you use what you've learned in this activity in your day-to-day life?