



ACTIVITY: 'LET ME INTRODUCE ...'

TIME: 15 minutes
SIZE: Groups of four
SPACE: For small groups to mingle
RESOURCES: Nil

The aim is to encourage students to verbalise positive qualities about themselves in front of their peers.

The result should be an understanding that it is okay – indeed, it's very important – to think of themselves in positive terms in order to build and maintain a strong Sense of Self-worth.

1. Break the class into groups of four (preferably groups where students aren't best friends). If numbers don't divide by four, try to get remainders into a pair.
2. Have each group of four divide into two pairs.
3. In the next four minutes (two minutes for each partner), both partners in each pair are to gently question the other in order to learn new things about them (e.g. interests, places they've travelled to, things they've done for others, things they are good at, pets they own, family history, places they want to go to).
4. After four minutes is up, have the pairs return to their group of four. Explain that you want groups to pretend they are at a dinner party for impressive dignitaries. Everyone is going to introduce their partner to the other pair of 'strangers' in their quartet. The introductions are to concentrate on the positive qualities that students have learned about their partner. While he/she is being introduced, students must remain silent, but the pair of 'strangers' to whom they are being introduced is allowed to ask questions of the partner.
5. After every student in each group has been introduced, stop the activity and commence class discussion.



DISCUSSION SUGGESTIONS

- What thoughts went through your mind when your partner was quizzing you about your life? Did those thoughts make you feel special? Self-conscious? Embarrassed? Excited? Why?
- What thoughts went through your mind when your partner was introducing you to the other pair in your quartet? Were these thoughts and feelings different? Why/why not?
- Was it easier to ask questions of your partner than to answer them yourself? Why might that be? Have you ever asked yourself those questions? Why/why not?
- What things about yourself surprised your partner? What things about yourself surprised you? What thoughts and feelings resulted?
- What thoughts and feelings about this activity did you experience when it was introduced? What do you think and feel about the results now it's over?
- What skills do you think you've learned through the activity that you can apply in your day-to-day life? In what circumstances might they prove most valuable.