

SESSION TO ENHANCE SELF-ESTEEM & STRENGTHEN FRIENDSHIP

If you were a...

This is a simple game that is easily adaptable.

Gather the group, sit down and ask about an item the young people could be, for instance: 'If you were a colour what would you be and why?'

Each person will share their answers with the whole group

It's easy, fun and you will get to know each other better!



I would be **YELLOW** because I love sunflowers!

ICE BREAKER

Timing: 5'

Aims: Get to know each other, make the group feel comfortable

PAST & FUTURE HANDS

Draw the shape of your hands on a piece of paper. The left hand will represent the past and the right the future

Use your imagination and creativity to illustrate the important episodes of your life from the past and what you hope for the future



Timing: 10'

Materials: paper, colours

Aims: Reflect on our past and think about our hopes and desires for the future

Same Letter, Different Word

Game's objectives

To promote group cohesion, to reinforce relationships and friendships and to enhance youth's self-esteem

What do you need to play?

2 Teams, paper and pen, a timer or stopwatch

How to play

Each team must write down in a list form all the names of the people of the opposite team. Then, a random letter of the alphabet is chosen and each team has two minutes to write down a positive word or adjective about each person of their list that starts with that letter.

Timing: 10'

Materials: paper and pens

Aims: Create a positive reinforcement in the group, enhance confidence and self-esteem of the young people



Affective Portraits

Gather the group in a circle, sit down and find a pair to work with. You will have to make a portrait of your pair and vice-versa. Once you have finished making the portrait you must write down something you like about that person. When everybody has finished the portraits, pass your drawing to another person, until everybody has written something in all the portraits. At the end of the activity you will receive your own portrait with all the positive thoughts your friends have about you.

Timing: 10'

Materials: paper, colours

Aims: Foster reflection and empathy, strengthen friendships, enhance confidence and self-esteem of the young people