



PRACTICAL ACTIVITY

2.4.1A. Me, myself and I

1

Trainees will use newspapers, magazines, scissors, glue and large pieces provided by the trainer.

2

Trainees look for and cut out the things that are interesting to them.

They will look at the pictures, cut out words into the following groups: Interests, Values, Strengths, Likes and Preferences.

3

Each person glues pictures on their sheet in the following sections: Interests, Values, Strengths, Likes and Preferences.

4

Trainees show their vision board to the others.

The trainer explains that this activity can also be used to present important ideas.

