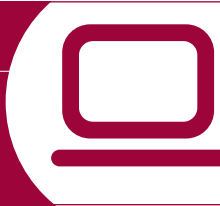


Quick-fire activity

Is that really me?

Aim: Encourage students to think about their own strengths and personality traits.

Age range: All age ranges



Steps

1. Ask the students to get into pairs: ideally, they should work with a friend.
2. Write the following adjectives on the board:
calm, team player, competitive, creative, good at details, leader, sociable
3. Students should choose a word and decide whether it:
 - a) is a good description of them
 - b) is the opposite of what they're like
 - c) doesn't really apply to them at all.
4. When one student in each pair has made their choice, the other person should say whether they agree with this or, if not, explain why. This should help to highlight any mismatches between how students see themselves and how others see them. Repeat the process with another word.
5. Was anyone surprised about how other people see them? Did anyone learn something new about themselves?

Taking this activity further

Use **Work Skills activity one: Get to know yourself** to help students explore their strengths and traits.