

Strengths' Collage

Category of Competencies: Positive Self-Concept Skills

Description:

This creative activity allows participants to visually express their strengths and positive qualities through a collage, fostering self-reflection and self-esteem.

Activity Categories:

Individual, Group, In-person, Easy to Prepare, Easy to Implement, One-off Session, Requires Equipment

Main Competencies Involved:

Positive attitude, Reflection, Self-Confidence, Self-Esteem

Other Competencies (Different Category):

Creativity

Resources Needed and Practical Considerations:

Magazines, newspapers, or printed images, scissors, glue sticks, large sheets of paper or poster boards, markers or pens, a quiet and comfortable workspace

Estimated Time:

60 minutes

Description of Activity:

Step 1: The facilitator introduces the activity by explaining the concept of a collage and how it can be used to express one's strengths and positive qualities. Participants are encouraged to think about what makes them unique and strong.

Step 2: Participants are given magazines, newspapers, or printed images, along with scissors, glue, and large sheets of paper. They are instructed to find and cut out images, words, or phrases that represent their strengths and positive qualities. These are then arranged and glued onto the paper to create a "Strengths' Collage." Participants can also add drawings, doodles, or write their own words to further personalize their collage.

Step 3: Once the collages are complete, participants are divided into small groups where they share their work, explaining the images and words they chose and how these reflect their strengths.



Processing Questions:

What qualities did you choose to highlight in your collage, and why do you think they are important to you?

Were there any qualities that you found surprising or challenging to represent visually? Why?

Did creating this collage change the way you perceive your strengths?

Did anyone in your group identify a strength that you hadn't considered before?

How do you think these strengths help you cope with challenges in your life?

How can you use the insights gained from this activity in your daily life or future goals?

Are there any new strategies or approaches you plan to take to leverage your strengths more effectively?

