**A13**  Activity: **THE FIR TREE OF YOUR QUALITIES**

Activity 1

We ask the students to think well about their qualities . They are given some examples of qualities. They are asked to be sincere and identify the good and the bad qualities. They will write these qualities on a worksheet and they are asked to draw what they think that represent them in: “Me, the good one” and “Me , the bad one”.

Students are given paper in the shape of snowflakes. They will write their names and some of their qualities on it. They are free to colour it, too.

Activity 2

A fir tree is drawn on a paper.

Each student will present his/her “snowflake” with some of their qualities and then they can put these snowflakes wherever they want on the tree.

We will focus on sincerity and trust. They will be asked : “Why do you think you are ( correct) ?, picking one of the qualities.; but the bad qualities must be shown, focusing on the idea that these can be changed. They must be helped in discovering other qualities that they are not aware of.

Discussions: What have I learnt about myself?

What do you like most about yourself?

What don’t you like?

What do you think it should be changed?

This activity can be adapted. We did it near Christmas, so there were snowflakes. These could be tree with leaves, field with flowers or butterflies, or whatever you like most.

Worksheet

1. How well do you know yourself? Choose the good and bad qualities that you think you have.

Good qualities: hard-working, disciplined, good at learning, good, cheerful, funny, beautiful, tidy, healthy, modest, friendly etc.

Bad qualities: lazy, rude, boastful, bad, sad, cheeky, unfriendly, undisciplined, not that good at school, untidy, etc.

1. Draw:

|  |  |
| --- | --- |
| Me, the good one | Me, the bad one |
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