

## INDIVIDUALITY EXERCISE

### Individuality exercise for our students

Part one of this is done alone and part two is done in a group or as a pair. The aim is to get a deeper insight and a different perspective into what make us unique as individuals.

#### **PART ONE:**

A: List your strengths, any small thing you believe you are good at, be as broad as you can be.

Examples:

- I'm good at drawing, I'm good at typing quickly, I'm good at making people laugh with jokes and my sense of humour.

B: List your weaknesses, to truly get to know ourselves we must know our strong and weak points, examples:

- I can sometimes be lazy in the morning, I often interrupt a lot during conversations, I rush my homework.

#### **PART TWO:**

In pairs or as part of a group, answer the following questions about the other person, do this in private, you will exchange answers when completed.

A: What particular skills do you think your friend has and is really good at?

Examples:

- Sarah has really neat handwriting and netball, she's really flexible and can run really fast.

B: What makes them/their character special and unique?

Examples:

- Sarah is always smiling and is really happy. She's really good at helping people when they are upset. Sarah is really good at cheering people up and helping people through tough times, Sarah has a really positive mindset and doesn't give up!

**We have found that rarely are the answers a student's gives themselves an accurate or full representation of who they are and what they are brilliant at and this exercise helps highlight other areas where they shine which gives an excellent insight into developing their sense of self.**

**Have a go on the next page!**

**PART ONE: LIST YOUR STRENGTHS AND WEAKNESSES**

My Strengths	My Weaknesses

**PART ONE: LIST YOUR STRENGTHS AND WEAKNESSES**

What particular skills do you think your friend has and is really good at?	What makes their character special and unique?