

Outcome 3: Young people create, describe and apply their learning and skills



Indicator 5: Young people identify their strengths and weaknesses

Body Mapping Activity

- Ask young people to work in small groups (this could also be done individually).
- Give each group 2 flip charts and pens. Ask the group to draw the outline of a person on each of the flipcharts. They can draw around someone or free draw.
- Explain that one of their people has all of the group's strengths whilst the other person has the weaknesses. Ask each group member to think about their own strengths, and write these inside the body they have drawn.
- Still in their groups, ask young people to think about their weaknesses or things they would like to be better at and write inside the other body they have drawn.
- To finish the activity you can ask young people to identify how they might improve their weaknesses.

It is important in this activity to emphasize that weaknesses are an opportunity to learn and develop.

