

SELF REGULATION

Activity 1: Who am I?

Activities to promote adults' personal, social and learn to learn skills

Description of initiatives comprised in this handbook.

Title/name	Who am I?
LifeComp Skill approached	<input checked="" type="checkbox"/> Self-regulation <input type="checkbox"/> Flexibility <input type="checkbox"/> Well-being <input type="checkbox"/> Empathy <input type="checkbox"/> Communication <input type="checkbox"/> Collaboration <input type="checkbox"/> Growth mindset <input type="checkbox"/> Critical thinking <input type="checkbox"/> Managing learning
Duration ¹	30 min
Type of activity	Self Reflection – Who am I?
Short description	This is a self-reflection activity that helps people to become aware of their own characteristics, which might be useful for them to recognise their own emotions, thoughts and behaviours when facing difficult situations. This activity is important because it is easier to recognise the qualities in others.
Objectives	<ul style="list-style-type: none"> Promote self-awareness and self-esteem
Setting ²	<ul style="list-style-type: none"> 1 facilitator 1 small room with chairs displayed in a circle Mirror For face-to-face implementation Pen and paper For online implementation White board
Facilitators' Tips ³	It is important that participants choose different adjectives for different people. At the end of the activity, it is important to explain the human brain's ability to recognise only things it really knows or has been aware of in its experience.
Step by step	<ol style="list-style-type: none"> The facilitator distributes pen and paper or presents a online whiteboard for the participants to write on

¹ It can be continuously.

² Materials and resources needed to implement it, including financial, human resources and spaces. In case is needed a worksheet, please use the following document to prepare it.

³ What a person needs to know to implement the activity.

	<ol style="list-style-type: none"> 2. The facilitator asks the participants to take a sheet of paper (or in an online board if the activity is performed online) and write down 1 or 2 qualities that they appreciate most in people close to them: family, friends, historical or imaginary characters from the past or present. 3. Then, the facilitator asks the participants to reread those adjectives, explaining that the human brain is only able to recognise things it has known or experienced 4. The facilitator explains that most of the characteristics that we appreciate in others, we actually already possess, some in greater quantities, some in smaller quantities. 5. The facilitator asks the participants to re-read these qualities in front of a mirror, while looking at yourself, with the statement: I AM ...(adjectives)
Debriefing	<ul style="list-style-type: none"> • Did you discover new characteristics about yourself? • How do you feel when you realise that you are full of positive qualities? • In what way do you think that this self-awareness can help in everyday life?
References	https://www.lyk-z.no/en/

