

A bag full of resources



Resources and self-efficacy



Learning Competences
ICT



At least 5 learners; plenary



Depending on groups size 8–15 minutes



- to memorize new words for competences and resources
- to express personal resources
- to promote the perception of own competences



none



none



This exercise is a variation of “I packed my suitcase”. Participants are asked to imagine a challenging situation (for example a test or a job interview etc.). To prepare for this occasion they pack their imaginary bag with items that are supportive and strengthening.

1. Give your participants 10 minutes time to think of a challenging situation and write down a list of 5-10 real or imaginary items they could pack in their bag with which they go to the meeting etc. This could be basically everything, starting from chocolate, a lucky charm, a family photo, but also their resources, like self-confidence, personal skills etc.
2. Ask your participants to share the situation and the items they chose in pairs, small groups or the plenary.
3. Now ask your participants to form a circle of chairs. The first learner finishes the sentence “I packed my bag and in it I put...” with a resource s/he put into the bag, e.g. chocolate.



The second person repeats the sentence and adds another item, and so on.



If this is very abstract for your group of learners, you can bring to the classroom your own “real” bag and take out one item/resource after the other and explain why you chose it for the given situation. You might also include pictures of fantasy creatures like a good fairy etc.



Instead of finishing with the memorizing game, you could also combine this exercise with working on digital competences. Ask your participants to search for online pictures of a nice bag and resourceful items to put in and create a mashup/collage.