

A Bouquet full of Resources



Self-assessment and solution orientation Social skills and relationships

131



Reading and writing
Learning and soft skills



Any group size; individual/plenary work



30 minutes



- to reflect upon participants' personal strengths and resources
- to share ideas about desired resources in an appreciative environment



- ✓ worksheet "Bouquet of Resources"
- ✓ selection of (mainly green) pens (depending on availability, oil pastels, markers, pastels, crayons, etc.)



Please print out the worksheet "Bouquet of Resources" for every participant.



1. Hand out worksheet "Bouquet of resources" in which there are 10 flowers drawn, and ask participants to write one resource they have in each of the 10 flowers. When finished writing down 10 resources, the participants cut out the 10 flowers.
2. Now ask learners to draw 7 flower stalks on a white sheet of paper that you distribute. To make this task easier for learners who have few experiences with drawing, you can also show a picture of a bouquet of flowers. Make sure to provide a selection of (mainly green) pens (depending on availability, oil pastels, markers, pastels, crayons, etc.). Learners are now asked to glue 7 of the 10 resource flowers onto the stems. You might want to play slow music during this activity.

3. If you feel that the level of trust and appreciation in the group is high enough, you can proceed to ask the participants if it is okay for them to collect the bouquets and display them in the classroom. Now the participants have the chance to walk around and have a look at the other's bouquets. Subsequently, they can guess which bouquet belongs to whom. Why did they make this guess?
4. In a next step, please ask the participants to pick up the 3 remaining flowers and walk around the room with them. They have the opportunity to exchange them for others, if they wish. Perhaps others have flowers with resources they would want for their own lives.
5. After the participants have had a chance to trade at this flower bazaar, they are invited to share in plenary why they chose which resource, in what situation this particular resource already helps them/would possibly help them. Maybe they would like to explain why they decided to keep one resource and not exchange it for another.
6. In a final step, participants add these 3 more flowers to their bouquet full of resources.



Some participants will find it easy to list their strengths, others may have difficulties. Encourage them to have the confidence to name them. If you notice that some participants are ashamed to say or write down positive things about themselves, reassure them that they do not need to show them to anyone and skip the guessing sequence.

