

Self-image Objects

This activity helps your group members learn more about each other and themselves as well.

Ask each person to bring three objects to the next youth group meeting. One object represents how they think others see them; one shows how they see themselves; one shows how they would like others to see them. The objects may be either abstract or concrete. For instance, objects may be poems, pictures, quotations, books, or keepsakes.

At the meeting, have each person show his or her objects and explain why he or she chose those particular items.