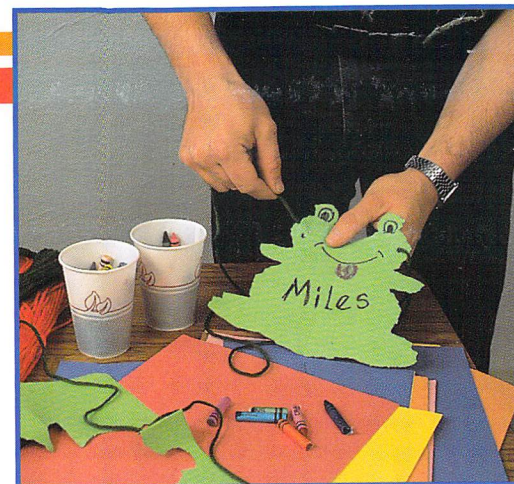


SHOW- AND-TELL

For sheer enjoyment and universal appeal, there is nothing like making something with our hands. It helps us collect our

thoughts, surface our feelings, and create a piece of art that we can use to explain our feelings to others.

Here are a number of different approaches to self-discovery crafts.



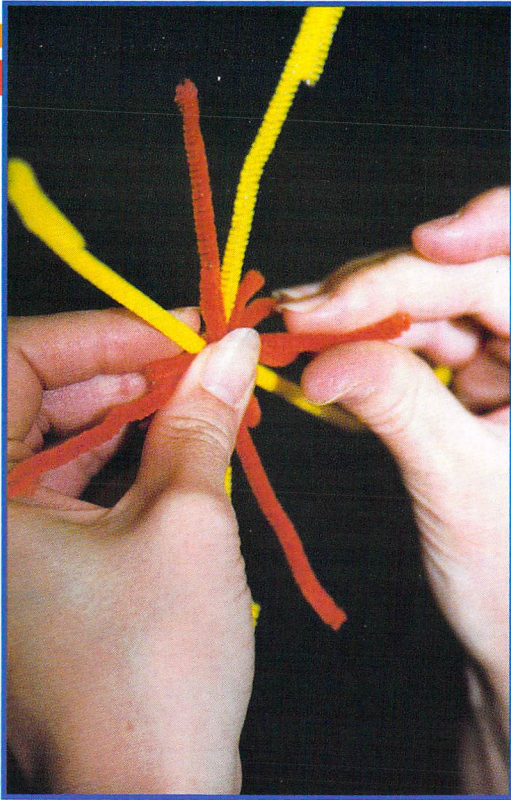
MAKE YOUR NAME TAG

Instead of having prepared name tags, make your own. Tear a piece of colored construction paper into a shape symbolic of you—a heart, a butterfly, etc. Write your first name on it, punch two holes in it, and wear it on a string around your neck like a medallion.

When groups are formed, explain your name tag to your group.

MAGAZINE COLLAGE

Leaf through a magazine or newspaper and tear out titles, pictures, words, slogans, want ads, etc. that portray you in some way—such as: (1) the concerns in your life at the moment; (2) the important things in your world; (3) your hopes and dreams for the world. Then paste your tear-outs together on a sheet of newsprint and add color, design or graffiti with poster paints or markers.



WIRE SCULPTURE

Using wire or pipe cleaners, make a sculpture that describes your spiritual ups and downs ... or your spiritual life at the moment.

When you are in your small group, share the meaning behind your sculpture.

DRAW YOUR SPIRITUAL PILGRIMAGE

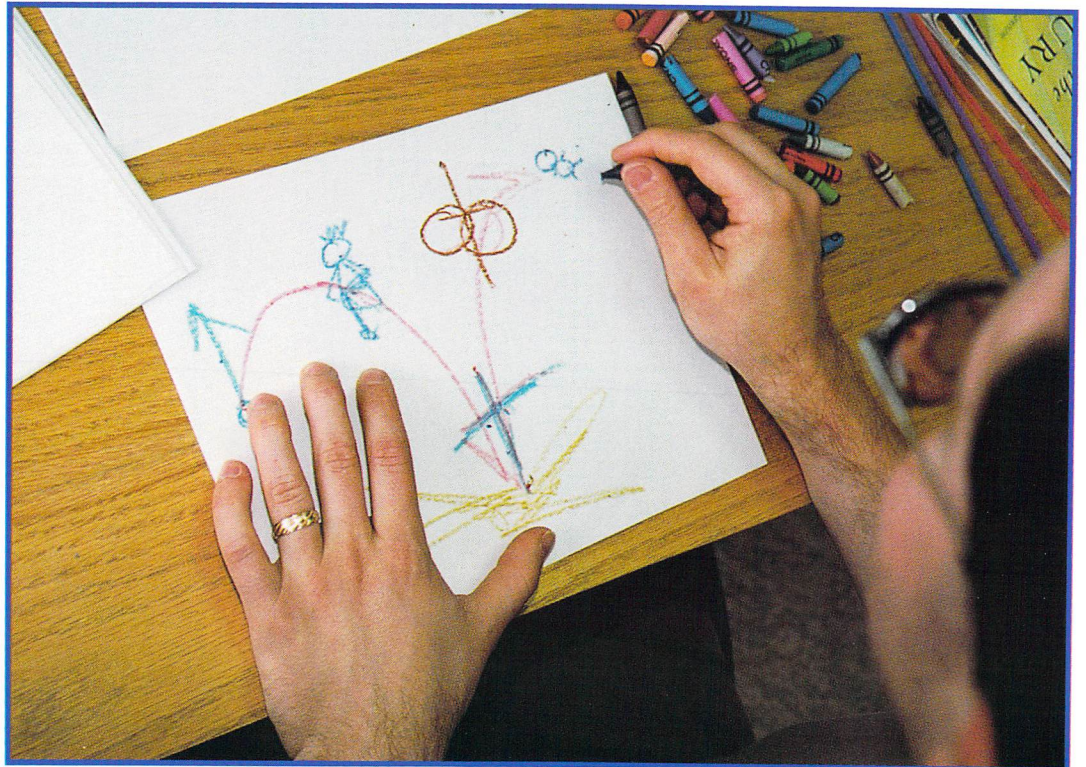
Think about the ups and downs in your life from as far back as you can remember to this moment. Draw a design symbolizing the low and high points with color and shape. For instance, early adolescence might be portrayed by a sunburst because everything was sunshine. The high school years might be portrayed by clouds because it was a period of doubt and frustration.

TIME LINE / TURNING POINTS

On a sheet of paper, draw your personal time line. Divide the line into the major periods of your life, such as childhood, adolescence, college, young adult and adult. Think back over your life and try to pinpoint on this line the major turning points. A turning point can be considered anything that has significantly influenced or altered your life, or shaped your present values. It can be a happy or painful experience, but it is one which you now view with great meaning. It may be the death of your mother when you were 12, a spiritual commitment you made while in high school, etc.

DRAW YOUR FAMILY TREE

Draw a tree to symbolize the life of your family. Choose: (1) a type of tree that represents your family, such as a tall elm or a scrub oak; (2) colors for the foliage to represent mood, such as red and orange because your childhood was bright and cheerful, or color in no leaves at all because your childhood was painful; (3) roots to represent your spiritual formation, such as straight and deep or shallow and barren; (4) additions to represent your dominant childhood memories, such as a bird because your family sang a lot.





DRAW YOUR CHILDHOOD TABLE

Remember back to the time you were between 7 and 12 years old. Draw the shape of the table where you ate most of your meals. Then for each person who was at the table pick a color that suggests their personality and draw them where they usually sat. You might use blue for your father because he was serious and draw him at the head of the table; orange for your cheerful mother, next to your father, etc. Finally, color the center of the table to represent your childhood. The table might be black and brown with splashes of purple to indicate the somber tone and the times of fun.

THIS IS YOUR LIFE

Create a TV special on the places where you have lived. Think of the various moves you have made. What was significant about each place for you? How did they contribute to the person you are today?

Then, make a drawing of each location and feature something that symbolizes your feelings during that period in your life. For instance, for a time in your childhood, you might draw a simple frame house with a tall oak tree—the oak tree symbolizing the strength and stability in the home, etc.

YOUR FAMILY CREST

If you could design a crest or shield to represent your family, how would you do it?

Divide the crest into as many parts as there are members in your family. Put their names in the various sections. Describe each person with an animal—such as a lion for Dad, a mother hen for Mom, a teddy bear for Johnny, etc. In the ribbon across the top put three words or phrases that your family stands for—such as honesty, loyalty, God, or a motto like “One for all and all for one.”

