

*Body Drawings.* In a large space, have the students work in groups of four or five to draw the outlines of their bodies on wide rolls of newsprint paper (the outlines can overlap to save otherwise wasted space on the paper). When they have finished, have each student take a pen, pencil or Magic Marker and fill in the following:

- In the feet, have the students write places they have lived, travelled to, sports they have participated in, jobs they have had, etc.
- In the hands, have the students write the things they can do with their hands, e.g., baking, serving, writing, typing, sawing, etc., the hobbies they have, etc.
- In the shoulders and upper arm muscles, have them write something they have done in the past twenty-four hours that exerted energy and was done for someone else.
- In the lower arms, have them write something they have done in the past week to extend themselves and their love out to someone else.
- In the heads, have them write their dreams for the future, the accomplishments they feel they can make happen in future years.
- Across their chests, have them write the things that are important to them now, the things they cherish, the people who mean something to them.

When they have finished, display the pictures around the room and close with some of the following questions.

- How long ago was it that you spent time thinking only about the good things and dreams and visions that you have?
- What is your definition now of "self-respect"?
- What are the elements that make up self-respect?