

How Others See Me

1. Paper-clip your name to an envelope.
2. Place the envelope in a central location with the envelopes of other class members.
3. Without using any names, write one positive characteristic which describes each student in the experience. Write these descriptions on small separate slips of paper, which are anonymously placed in the envelope of the appropriate person.
4. The teacher should remove the paper-clipped names from each envelope and thoroughly mix the envelopes. This way an individual's envelope cannot be identified.
5. Look for your envelope by reading the descriptions in the envelope and deciding which one fits you.

After the activity, discuss these questions:

1. Did you find an envelope which you felt described you?
2. How did you feel about the description of yourself?
3. Did you agree with the descriptions of yourself?
4. Did you accept or reject the description of yourself?
5. Do others see you the same way you see yourself?