Reflection

“WHO AM I – A PICTURE GALERY“

Objective

Get to know each other, find similarities, identification via a picture which reduces stress in connection with talking about oneself

Description

A large variety of pictures and fotos out of magazines that show various situations, emotions and people are put on a table to choose from.

 First Step: Each participant chooses one picture that he/she likes best or thinks suits best.

 Second Step: like-minded persons with similar themes should be found among the participants. This developes into an exchange of similarities and preferences discovered on the basis of the pictures.

 Third Step: each participant presents his/her picture to the whole group, explaining why he/she chose this specific picture, what it has to do with his/her person and which similarities he/she could find among the other group members. Then it is another person’s turn with who similarities had been identified.

Duration: 1 hour

Material: various pictures, fotos out of magazines, journals, brochures