



Who Am I - Hobby and Adjective Activity

Warm Up Activity

- Share one thing about yourself that others wouldn't be able to know without speaking with you.
- Go around and have each person say a quality you like about another person in the group.
- State one "hidden talent" about you that may surprise others.
- Share a hobby you really enjoy.

Exercise

- Have a piece of paper and writing utensil available for each participant
- Instruct participants to write their name in the middle of the paper.
- Invite participants to write/draw around their name some of their:
 - Hobbies/interests
 - Sports they enjoy
 - Instruments they play
 - Past time activities they do
 - Talents they have
 - Etc.
- Invite participants to draw lines from each item they wrote to now include adjectives/nouns that describe them when they engage in that activity such as:
 - Empathetic
 - Listening
 - Caring
 - Disciplined
 - Creative
 - Kind
 - Thoughtful
 - Learner
 - Helper
- Invite participants to share a few examples from their paper. After, others can comment about additional adjectives to describe the participant.

Wrap Up Questions

- In mapping out activities you enjoy and writing out adjectives that describe you, can you see any patterns that emerge in what gives you joy?
- How can you make time to do more activities that bring you joy?
- Have you learned anything about yourself in the way you describe your qualities?