

## HOW DO OTHERS SEE ME?

### What kind of fruit am I?

In this section you will think about:

- your own characteristics
- how others see you
- how people get to know each other

The **aim** of this exercise is to help people to get to know each other better. In the process you may also learn more about yourself and how others see you.

Instead of fruit you can do this *Activity* using plants, flowers, musical instruments, animals, tools or cars, in fact anything that interests the group. You will need to select a group leader for this exercise.

Before you start the activity:

- Try to name lots of different fruits (or cars etc) so that people will find it easier to visualise themselves in a particular way.
- Think of lots of different positive qualities that people can have, so that everyone has plenty of ideas in mind.





## Activity 1

How to get started:

- In the first part of the exercise, **do not** speak to each other, or compare ideas.
- Everybody will need a piece of paper and a pen.
- Ask the group "If you were a piece of fruit, what would you like to be?"
- Write your chosen fruit at the top of your paper and give at least 3 **positive** reasons why you want to be this particular fruit.
- Collect all the papers in a hat or bowl.

Once you have gathered in everyone's papers:

- Take the papers out of the hat one by one and read out the fruits and the reasons they have been chosen. Do not reveal who chose each fruit yet.
- Discuss how people feel about the different fruits mentioned and the qualities they have?
- Once you have discussed them, everyone in the group can then reveal which fruit they chose.
- Discuss each others' choices.

**Remember to include only positive characteristics in this exercise.**

### Evaluation Questions

What did you learn about yourself from this *Activity*?



What have you learned?

What did you learn about how other people see you?

What did you learn about other members of your group?

How are You Involved?: How do others see me?