OUTWARD BOUND ROMANIA

PERSONAL SHIELD

Outward Bound Romania



N° of pax 2-15
individual | pairs | group

indoors | outdoors

30 mins

art expression – drawing

PURPOSE

- self-expression
- be aware of your resources
- improve the relationship with yourself
- acknowledge strengths and weaknesses

MATERIALS

- One A3 papers sheet per participant
- Colored pencils, chalks
- markers

PREPARATION

This activity allows you to explore your strengths, daily challenges, goals and expectations in a creative way, using artistic channels.

INTRO

The shield protected and helped progress during difficult situations.

* By rethinking your strengths, challenges, expectations and goals for a certain training, it can help you on your path of development.
* It is preferable that this activity takes place indoors or at least in a secure and peaceful environment to allow participants to open up.
*

PERSONAL SHIELD

STEPS

Each participant will receive an A3 paper and can choose colors, markers and pencils to work with. They have the task to draw their personal shield on the paper using symbols and not words. The shield will have 4 different sections or symbols for the following 4 themes:

- *your strengths, how you are already flexible and resilient*
- *your expectations for this training*
- *your learning goals, the arias in which you want to develop*
- *your day-to-day challenges/needs at home and at the workplace, that are difficult to deal with*



Participants can be asked to be creative: draw, paint or take a walk in nature and use the materials collected there to create the shield, but not spending more time than 20 minutes for the activity.

When everyone has finished, participants are invited to share their images and the feelings they had when drawing, one at a time.

Each shield created during the activity can be posted on the wall for the rest of the training, to allow everyone to observe the drawings and connect with them.

REFLECTION

- How did you feel during the activity?
- Did you find any similarity between your shield and that of another participant?
- How do you think this activity can lead to your resilience building?

COMMENTS

NA