

Life Collage

"Our head speaks to us in words. Our soul speaks to us in images." Cheryl Richardson

Objective:

- To help participants learn about themselves (what is important to them, how they see themselves).

Materials:

- Lots of magazines (at least one for each participant)
- Scissors, glue and large pieces of paper

Time:

- 40 minutes

This is a great activity to address the first of the six "Steps to Building Self-Esteem." For more information on these steps please see the Handouts section.

1. Ask participants to go through the magazines and pullout images, words, or phrases that catch their eye, evoke feelings (good and bad), or represent something important to them.
2. Ask them to cut out the images, adjust them how they see most fit, and paste them on a large piece of paper or cardboard.
3. When they are finished give the group the option of discussing their life collages. Let them know they are never obligated to share and they can always omit some information.
4. Or, create a Collage Gallery by hanging the collages around the room and giving participants post-it-notes so they can make positive comments.
5. Or, consider taking all the individual collages and creating a group collage that says something about the group.

Give participants a few (or all) of the following questions:

- What have I learned about myself?
- Are there any patterns?
- What symbols have I chosen? What do they represent?
- Does anything surprise me?
- What would I change?
- What's missing?
- What am I most proud of?
- What does my collage say about my self-image?
- What can I see on my collage that indicates my strengths? Weaknesses?