

Body Drawing

The aim of this activity is to:

- To support and develop young people's confidence and self-esteem
- To help young people to be able to recognise each other's differences and strengths

Resources needed:

- Large roll of paper
- Pens to draw body outline and write
- Materials to decorate (optional)

Method

Young people should then be paired up. Each person takes a turn to draw around their partner's body. Once the body outlines are done each person has to fill their partner's body up with words or drawings that describe that person, as well as things that they like about them and what they think their strengths are.

It is important that this activity is positive therefore encourage the young people to choose only positive words. Where appropriate use questions to encourage the class to explore their thoughts further. The children should finish off by showing their partner the picture they have made and discussing it in pairs or with the rest of the class.

