

DRAW-A-PERSON

(Managing Your Life's Imperfections)

Purpose: Expand student's understanding of why adults/grown ups get involved in counseling (and why students might get involved in counseling one day.)

Materials: None Required.

Student Materials: Paper & Pen.

Time: 25 Minutes.

Key Words/Concepts: Picture Yourself, Mistakes, Forgiven, Acceptance, Moving forward, "Learn to make the most of your mistakes." Be Happy.

Introduce/reintroduce: Make sure the kids know who you are. Get a show of hands from the kids that have never seen you before. Do a quick Set up/warm up activity to get the kids (especially the new kids) excited and on board with what you'll be doing today.

Play: A version of the game "Simon Says" for two minutes. Suggestions:

Stand up if...you have brothers & sisters (return to starting position after each command)

Raise your left arm if...you were born in (current month) " "

Raise your right arm if...you've ever lived in more than one house. " "

Wiggle your nose if you like how fresh bread smells. " "

Whistle if you're the oldest kid in your home. " "

Stand up and shake your hips if you like Saturdays more than Mondays. " "

Clap your hands 3x if you think you're going to have some fun today!

Part 1

Instruct: Students to bring out a sheet of paper and a PEN (not pencil.)

State: In a few minutes I'm going to ask you to draw a picture. Before I tell you what to draw, I'm going to make five predictions about all of your drawings.

Here are my five predictions:

1. You won't have as much time as you'd like to complete it.
2. It won't be perfect.
3. You're going to make some mistakes.
4. Some mistakes can't be erased.
5. You might not be happy/proud with how (some of) the picture turns out.

Tell: Students they are to draw a picture of their future selves 20 years from now.

State: You will begin drawing your future self at the end of my countdown...5...4...3...2...1...Begin!

Allow: 1-3 minutes then abruptly...

Announce: TIME'S UP & PENS DOWN!!!

Part 2

Recruit: Students to Show & Tell about their self portraits/drawings.

Ask: Questions like:

1. How old will you be in twenty years?
2. What kind of work will you be doing then?
3. Do you think you'll be bald headed by then?
4. Will you have finished High School by then?
5. Will you have gone to and or graduated from College by then?

Have: Some fun with this. Encourage the kids to show off their drawings. Remind students that the best way to make a memory (of anything) is by participating.

Part 3

Announce: Remember how we played that version of Simon Says as a warm up activity when I first came in a little while ago? Well, we're going to use that same format with my five predictions about your drawings to see how true they might be for you.

Instruct: Students to...

1. Stand up if you wanted more time to finish.
(return to beginning position before giving next command)
2. Raise your right hand if it's not perfect.
(return to beginning position before giving next command)
3. Raise your left hand if you made some mistakes.
(return to beginning position before giving next command)
4. Wiggle your nose if any of the mistakes you made couldn't be erased.
(return to beginning position before giving next command)
5. Stand up and shake your hips if you aren't super happy or really proud of the way at least some of it turned out.

State: Nearly all of you stood up, raised a hand, wiggled a nose or shook your hips for at least one or two of those predictions! Here's the most amazing prediction of all! Any of those five reasons might be some of the same reasons why a grown up twenty or more years from now might get into counseling!

Announce: Let me explain...

1. *You don't get much time* to complete or pursue all of your goals and dreams...

Lot's of things in life are time limited and have certain time frames that are best for getting stuff accomplished. Is it ever too late to finish high school, join the military, go to college, become an Olympic athlete, travel the world, get married or have kids?

Ask: Can anyone give me an example of "time limited" opportunities in life?

2. *Your life won't be perfect* it may be full of flaws, problems, tough breaks & bad timing.

Sometimes you just get what you get and it doesn't help to throw a fit! Accidents happen people get sick, friends come and go & so do family members. Life has nothing to do with fairness and that's hard for some people to wrap their head around.

Ask: Can anyone give me an example of a "non perfect" or unfair life?

3. *You're going to make some mistakes* especially when it comes to family and friendships...

Not thinking straight, forgetting birthdays & anniversaries, telling secrets, breaking promises, getting people caught up in bad decisions and sometimes being selfish and mean to each other happens.

Ask: Can anyone give me an example of having made a mistake with a friend or family member?

4. *Some mistakes can't/ won't be easily erased*, forgotten/forgiven, covered up or blended into life...

People sometimes go to jail and prison because of the mistakes they've made. Some people lie, steal and cheat from their friends and family members. Forgiven

is not the same as forgotten and some people have a real hard time earning back trust & respect.

Ask: Can anyone give me an example of “forgiven but not forgotten?”

5. *You may not be very happy with and or proud* of some of the ways your life has turned out...

It's not unusual for people to get into counseling because they're unhappy. Some times people get into counseling because of guilt, shame & embarrassment too.

Ask: Can anyone give me an example of a time when you were really unhappy?

Summarize: Missed opportunities, unfairness, mistakes, forgiveness, conflicts, sadness, guilt & shame are just some of the reasons why grow ups get into counseling.

Ask: Does anyone want to share your own story about today's activity or ask me a question about what we did today?

Encourage: Students to take home their drawings and place on their family's refrigerator with a magnet.

Instruct: Students to leave drawings on the refrigerator until a grown up asks about it.

Instruct: Students to move the drawing to the inside of the refrigerator if after a week any grown up has failed to ask about the drawing.

Instruct: Students to move the drawing to the bathroom mirror if after a week of no grown ups asking about the drawing in the refrigerator.

Instruct: Students to move the drawing to the family car's windshield and place it under the windshield wiper if after another week of no grown ups asking about the drawing on the bathroom mirror.

Suggest: In the event that the drawing still goes unnoticed, that it's probably safe for students to get a tattoo along with a nose and or lip piercing as it is doubtful that the grown ups in their home will notice ;-) LOL!!!