

## Exercise 1.4. – A bouquet of flowers

Educational objectives	The objective of the exercise is to support group cohesion and enhance self-esteem.
	The students appreciate that individuals in a group are unique and different, but also contribute to the overall strength of the group.
Resources	<p>A small portrait photograph of the student no bigger than 3 cm square (a drawn self-portrait is possible too).</p> <p>Yellow or orange paper cut into round pieces of approximately 6 cm diameter to create the centre of the flower.</p> <p>Paper in bright colours cut into the shape of petals, coloured ribbon, if at hand, markers or pencils in several colours, two large sheets of flipchart size paper, glue or other adhesive.</p>

### Procedure

1. Each student has a round piece of paper onto which they stick their photograph.
2. Each student takes six petals and on each writes one or two positive words about:
  - what a teacher might say about them
  - what a male member of their family might say about them
  - what a female member of their family might say about them
  - what they say about themselves
  - what a friend might say about them
  - what somebody else in the room, school or community might say about them.
3. The student pastes the petals around the edge of the photograph to create a flower head.
4. The teacher or the students arrange each flower head on the display paper.
5. The teacher or the students draw the stems and leaves of each flower to create a bouquet. Attaching a bow of ribbon makes the bouquet look very special!

### Extension

Sitting in a circle, the students give their comments. This helps the students to understand the symbolic meaning: the bouquet would lose its beauty if some flowers were missing (community); each flower is different and adds something unique (dignity of person); at the same time, all flowers are similar and therefore one is as important as the other (equality). The concepts in brackets may be included in classes with older students.