

## Activity 4 : "If I Were"

Time required : 40 minutes

Materials needed

- Whiteboard, Marker, Duster etc.

Mode: Individual Students

Life-Skills to be enhanced:

- Self-Awareness, Creative-Thinking, Critical-Thinking

Objectives:

- To gain a better understanding of self and others
- To develop a positive psycho-social attitude towards self

Process:

- Ask the students to sit in a circle.
- Tell them that in this activity, they will have to complete the sentences that you have given them. They are to complete the sentences aloud, and give reasons (e.g., 'If I were a bird, I would be flying high in the sky because I would be free').
- Begin the game by calling out the sentences.

Some examples are given below:

1. If I were to re-live a day it would be .....
2. If I were a famous person, I would be .....
3. If I were to spend a day, it would be with .....
4. If I were the head of the school I would .....  
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5. If I were the Prime Minister of the country I would .....  
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