

MAGIC OF LANGUAGE

The Catwalk

I see the best in you

00.

INTRODUCTION

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

00.

INTRODUCTION

Your personal qualities are the stepping stones to your future success.

Embrace your unique traits and let them guide you in every step you take.

01.

GETTING STARTED

- ✦ What you need for this activity: paper, pens, markers. Work in groups of 3 or 4.
- ✦ Prepare a space in the classroom for a "catwalk" where you can walk.
- ✦ Be ready to reflect and share.

02.

THIS ACTIVITY

- ✦ This activity helps you build self-awareness and understand how your personal qualities can be strengths.
- ✦ Recognizing these qualities can help you in your personal development and career planning.

03.

INSTRUCTIONS

- ✦ Take turns walking down an imaginary catwalk while your group members observe you.
- ✦ Observers will write down 1-2 adjectives and 1 verb that they feel best describe you. Only positive verbs and adjectives are allowed!
- ✦ After your walk, your group will share their words with you and explain their choices.

05.

REFLECTION

- ✦ Think about the feedback you received. How do these qualities represent you?
- ✦ How can you use these qualities in your personal life?
- ✦ No-one sees you like you do! You can choose to accept this feedback or not!



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