

What are we like?

Group activity worksheet



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Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

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Written by teachers for teachers

What are we like?

You will need

- Notebook and pen
- To keep below the * * * * *s covered up

The purpose of this session is to consider that the people we mix with help shape our lives.

Action

For a moment, close your eyes and think ahead twenty years. How old will you be? What sort of qualities would you like to have as an adult? Would you like to be honest? Cheerful? Patient? Fun? Adventurous?

Open your eyes and, as a class, make a list on the board of as many desirable qualities that you can think of.

When the list is complete, take some time to consider which of the qualities you would choose for your adult self in twenty years time. Write the 5 you value the most in your notebook.

Then, in your notebook, write a list of the 5 people you spend the most time with on a day-to-day basis right now.

* * * * *

It has been said that:

“We are the average of the five people we spend the most time with.”
Jim Rohn, author

Now look at the two lists you have written.

To what extent do you see the qualities you have chosen for yourself as an adult in the people you spend most time with right now? If you don't see the qualities in them, you will be less likely to develop these qualities in yourself.

As a class, discuss the effect you think the people you mix with have on your life.