

Resources:	Develops:
<ul style="list-style-type: none">● Paper bag or cardboard box	<ul style="list-style-type: none">● Self-reflection
<ul style="list-style-type: none">● Coloured pens and pencils	<ul style="list-style-type: none">● Self-understanding
<ul style="list-style-type: none">● Craft glue	<ul style="list-style-type: none">● Confidence
<ul style="list-style-type: none">● Age appropriate magazines (for collage)	<ul style="list-style-type: none">● Optimism
<ul style="list-style-type: none">● Question cards to prompt discussion	<ul style="list-style-type: none">● Communication

Bag or Box Selfie

This activity is a gentle introduction to developing useful communication skills for job interviews. The activity supports young people to talk about themselves positively and to provide concrete examples of interests and experiences.

Young people create a self-portrait on one side of their box or bag to represent themselves in the here and now. On the opposite side, they create a self-portrait representing their future best-self. (You could use the version created in the previous exercise; this activity adds value to the ‘Fantastic Future Self’ activity). Encourage them to use imagination and visualisation, to generate a vivid mental picture before committing to drawing.

Portraits can be drawn or painted, made from collage or photographs. Allow the time to explore how they perceive themselves now and who they want to become.

Young people can then fill their bag or box with items that represent them, their strengths and their life.

As a group, young people can take turns to ask one another questions and to give answers, about their box/bag and its contents.

This can be done informally at first, using the card prompts over the page, then at a future point, a more formal set up could be introduced with a role play of a panel and interviewee.



Developing a positive self-image and the ability to communicate strengths

On a paper bag or cardboard box, create a self-portrait on one side of who you are now, and on the other side, of your future best self.

Fill the bag or box with items that represent you, your strengths and your life.

Show and tell others about your design on the outside and about what's represented inside your bag or box.

Make prompt cards to facilitate discussion about the learners’ bag or box portrait and contents, either one-to-one or in small groups.

Pairs can take turns as questioner and answerer. This activity is a gentle introduction to developing useful communication skills for job interviews. The activity supports young people to talk about themselves positively and to provide concrete examples of interests and experiences. Here are some questions you can use:

Bag or Box Selfie

What are you most proud of inside your bag /box?	What is different about your current self and your future best self?
When have you already been like your future best self?	What does your favourite thing inside your bag /box represent?
What needs to happen for you to become your future best self?	Is there anything else about your bag/box you’d like to share?
Choose something at random from inside the bag /box. Tell its story.	Choose something at random from inside the bag /box. What does it mean to you?
What strengths are represented in or on your bag /box?	What strengths are not represented on your bag /box? How might you include those?
What strengths are not represented on your bag /box? How might you include those?	How could the world be different when you are your future best self?
What is the first step you can take to becoming your future best self?	In what ways are you already like your future self? What tiny thing could you do to be more like that now?

