



## Activity 45

### Spiritual Development:

## I Am

### To explore the characteristics, qualities and virtues of you.

**You will need** – Felt tip pens, pencil crayons, pencils, petal template (you can use your own or see the resource CD), sequins, glitter and scissors.

**Activity** – Everybody has many wonderful qualities and characteristics. In this activity you will be focusing on all the amazing characteristics and qualities that you have. On the petal shapes write a word that describes you, one word on each petal. Use bubble writing or large block writing e.g.:

- \* confident \* trustworthy \* patient \* kind \* loving
- \* compassionate \* strong \* peaceful \* string
- \* worthy \* wise
- \* joyful \* grateful \* conscientious \* resilient
- \* faithful \* caring
- \* responsible \* honest \* flexible \* reliable
- \* dependable.

Once you have written all your qualities on the petals arrange them into a flower and decorate them. When everyone has completed their flower take time to celebrate each other's amazing qualities.

