


Discovering the Potential

 **Step:** Four - Look for solutions!

 **Time:** 30 min

 **Space and materials:**

- Paper;
- Markers of different colours.

 **Description of the tool**

The tool aims to help learners to realise all the things they are good at and boost their motivation for action.

1. Let the participants know that they are going to design a frame, which will later be filled by the whole group. Give them materials and ask to create their frame. They can draw and paint the frame as they prefer, just keeping in mind to make it big enough to contain some sentences and/or words.
2. Ask the participants to think and select five of their personal qualities they are good at and can be useful in developing the actions. Ask them to write down these qualities within their frame.
3. To help the participants to realise their own potential, ask them to place their frames on the tables. Ask them to go around and add what they think is the greatest potential of the person who owns the frame. It is important to underline that we look forward to talking only about good qualities.
4. Ask everybody to review the contributions from the others on their frames and then invite them for a discussion, starting with the questions:
 - How do you feel now?
 - Did any of the qualities in your frames surprise you?
 - How do you think this exercise can help you being more effective in planning your action?