ADDITIONAL 607  YOUTH LEADERSHIP
ACTIVITY 3-4: ADJECTIVE WARDROBE

Directions: Have your participants complete these steps:

1. Tear a piece of paper into 8 pieces.

2. On each piece of paper write 1 word that describes you. Since no one else will see your papers, be as honest as possible.

3. Arrange your slips in order with the description you like best on the top and the 1 you are least pleased with on the bottom.

4. Now you have a “wardrobe” of descriptive words that you can try on, wear, or discard.

5. Look at your slips and consider each word one at a time.

6. Which slips do you really want to keep? Which slips do you want to discard?

7. What kind of person would you be if you discarded 1, 2, or 3 of your descriptive words?

8. What are 2 things you have learned about yourself?

Adjective Wardrobe, Canfield/Wells, 100 Ways to Enhance Self-Concept in the Classroom, Values Clarification, ARIS Adventure Based Resource Index System, 1987