



The Jelly Baby Tree: Use this drawing of a Jelly Baby Tree or make your own. Show it to the group and ask people to choose one figure that expresses how they feel at this moment. Ask them to share with the group which one they have chosen and why.

Picture yourself: Hand out coloured paper and coloured pens. Ask people to draw/paint a picture that expresses who they are. When everyone has finished ask people to pair up and explain their picture to their partner. The partners then introduce each other to the group using the picture.