

Best friend introduction

Materials: Best friend introduction sheet (one per participant)

Process:

1. Briefly discusses the goals of the activity.
2. Instruct the group to identify in their own mind one person outside of this group who they think knows them better than anyone else. It may be a member of one's family or a close friend. For the purpose of this activity, call this person "your best friend."
3. Distribute the "best friend sheets," and tell participants they have five minutes to complete the sheet according to the instructions.
4. Using the data from the sheet, each participant is asked to introduce himself/herself as his/her best friend would. (two minutes each)
5. Comments are made, questions are asked.
6. Quick discussion of the activity, its importance to the group and what they learned about others and themselves.

Best Friend Introduction Sheet

Instructions: Answer the following questions as you imagine your best friend would describe you. You should choose a “best friend” who is not a member of this group.

I would like to introduce: _____

She/he is the kind of person who likes:

- 1.
- 2.
- 3.

She/he greatly appreciates and values:

- 1.
- 2.
- 3.

Some of his/her dislikes or pet peeves are:

- 1.
- 2.
- 3.

Some day she/he would like to:

- 1.
- 2.
- 3.

She/he would also like you to know that: