



LESSON PLAN 2

MAKE YOUR SANDWICH

ABOUT THE LESSON PLAN

DURATION: 10 minutes for drawing + 2 minutes per participant for presentation

MATERIALS REQUIRED: paper and pens

OBJECTIVES:

The exercise is entitled **Make your sandwich** and facilitates the development of the creative thinking. It represents a fun and unique way for the participants to present themselves, but also to express themselves and to practice drawing skills. Make your sandwich allows the participants to build up a visual sandwich of their personality, outlining their characteristics, things they do or do not like, and emphasize what is important for them. They just have to choose the ingredients.

LEARNING OUTCOMES:

Skills and competencies developed:

- Creativity;
- Public speaking;
- Self-confidence.

Can do:

- Identify personal characteristics;
- Present himself/ herself in front of a public.

LEARNING CONTENT

Every participant should have a pen or coloured pencils and a paper, and should work individually.

The participants have 10 minutes to build their own personality sandwich. It can contain anything they like – from real food to house objects or anything that describes their personality. The sandwich should be visual. Therefore, you will need to draw, but you can add words on a side or make a scheme as well.

In the Handout-2-1, there is an example of a personality sandwich which includes food, but also the activities that define that person.

Finally, everyone has to give name to their sandwich.

Each participant will present the outcome to the participants explaining what ingredients and why did you choose.

TIPS FOR FURTHER READING

Bibliography

- <https://innovationlab.net/blog/9-best-exercises-to-spark-creativity-in-ideation/>

HANDOUTS

- Handout 2