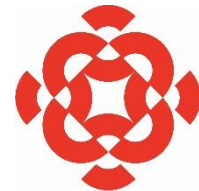


# LENS Project

## If You Really Knew Me



**TACOMA  
ARTS LIVE**

*Ages* All Ages!

*LENS Skill* Sense of Self

*Why?* Learning how to describe myself in many different ways helps me have a better understanding of who I am and helps me to connect more deeply with others.

*Materials* A timekeeping device (stopwatch/watch/clock app on a smartphone)



### Summary

In this game, you and a partner will practice your **Sense of Self** skills by expressing your identity and personal qualities. Each partner will take turns describing themselves without stopping, for a set length of time, while their partner listens. When time is up, you switch roles.

### Directions

#### 1.) Establish Understanding

Check for understanding of adjectives or “describing words”

*Examples: smooth, round, spikey, green, funny, etc.*

#### 2.) Practice

Take turns describing an object in as many ways as you can. Start by setting the timer for 30 seconds for the first round and then challenge yourself to go longer.

- Descriptions can start with single words, such as adjectives, and then grow to include descriptive phrases!



*Example: Describing a clock... “It is round, white, loud, smooth, high up, it has arms that move, there are numbers on it, it can be hung on the wall, it makes a ticking sound that is really distracting to me when I’m trying to do my homework, etc.”*

#### 3.) Describe Yourself

Now take turns describing yourself and your personal qualities to your partner. Remember, personal qualities include parts of our identity such as our beliefs, what we value, our aspirations and goals, and the roles and responsibilities we have in life.

- Use these words to get you started: “If you really knew me you would know...” and then fill in the rest.
- Begin by setting the timer for 30 seconds, describing yourself without stopping until the time is up.

- If you find yourself running out of things to say, go back to the phrase “If you really knew me” to keep yourself going. Pushing yourself to keep thinking of ideas exercises your creative thinking muscles!

*Example: “If you really knew me you would know I am fun, silly, I like to go for walks, I like to help in the kitchen, I play soccer...If you really knew me you’d know that I love to help others, and I am afraid of heights. I want to be a doctor one day... etc.”*



#### 4.) Challenge Levels

- After you each have accomplished 30 seconds, try extending the time to 45 seconds, and then 60 seconds!
- Explore additional **Sense of Self** sentence starters such as
  - “To me school is...”
  - “Sometimes I pretend to be...”
  - “Most people think I am...”

#### 5.) Reflect

Discuss or write your thoughts about the following reflection questions.

- How did it feel to describe who you are in so many ways to your partner?
- What was easy or difficult about this process?
- As the listener, what did you do to validate or support your partner?
- What did you learn about yourself by doing this activity?

#### **Other ways to Play:**

1. Consider playing this game virtually with a friend or family member.
2. This can also be a way to practice brainstorming and creative thinking. Try using several different objects – take turns picking an object and find as many ways as you can to describe it. Think of the 5 senses (touch, smell, taste-if safe, hear, see) and how you can describe the object with each sense.