

GrowWindham - Community In Practice

How Do You Honor Yourself Workshop Led by Arnold Aguilera

You can honor yourself by knowing your strengths and weaknesses and doing activities that complement them. This includes relying on your community and peers whose strengths balance out your weaknesses. Self care is knowing your likes and dislikes and honoring yourself by setting limits on the burden you make yourself carry on your own. Relying on others to support that burden is both honoring yourself and self care. **Lead this workshop with those principles in mind, but don't read this to the group unless you feel it's helpful at the end.**

11:00 - 11:05

Key words & take aways

ASK: What is unique about yourself?

ASK: Ways that we are similar?

ASK: What do these words mean to you?

Self care

Honor

Personal Milestones

11:05- 11:20

Video & Questions

<https://vimeo.com/210719540>

11:20 - 11:40

Ice Breaker & Activity

[Where the wind blows](#) - 10 mins

- This activity is meant to show the youth that they are similar in some traits and different in others. Visually they will see their similarities and differences based on who moves and stays for each prompt.

[Balancing Act](#) - 10 mins

- This activity is meant to show what it's like to rely on the people around you and balance each other out. Their first attempt may be a bit difficult, but as they find their balance and the sweet spot of push and pull, they should understand how they need to move in relation to those around them.

11:40 - 12:00

Discussion Questions

What are some things that you can do well?

What are some things that you can't do well?

What key factors/traits do you have that describe yourself?

When you think about identity what pops up in your mind?

Why do you think identity is important?

What are some things that make up part of your identity?

What do you think of when you think about honoring yourself?

How do you practice self care?