

Head, Heart, Feet

This tool allows young people to quickly reflect on a session or the program as a whole, both individually and as a group.

HOW DOES IT WORK?

1. Make a large drawing of a person on the flipchart paper, clearly marking the head, heart and feet.
2. Print copies of the attached template, and cut into squares. Give each youth 3 pieces of paper, each labelled Head, Heart and Feet.
3. On the “Head” paper, ask the youth to write about any new things they have learned
4. On the “Heart” paper, ask youth to write about their feelings and changes in views and attitudes
5. On the “Feet” paper, ask youth to write about what they want to do as a result of the program or their involvement in the project
6. Once they have finished their personal reflections, ask them to come up and stick their papers to the corresponding body parts of the drawing on the flipchart paper. Once all of them are up, ask youth to look at the comments others made and think about how their experiences were different or similar.

WHO IS INVOLVED?

One research assistant and as many young people who wish to contribute

WHAT DO I NEED?

- Copies of template on p2
- Flipchart paper
- Markers
- Masking tape

WHEN SHOULD THIS BE DONE?

Over a number of sessions or at the end of the program

HOW LONG DOES IT TAKE?

15 minutes

Adapted from: Gibbs, S., Mann, G. & Mathers, N. (2002), Child to Child: A practical guide to empowering children as active citizens. Manchester, England, p. 68.

