

Activity #1 - Learning About Me

Learning objective:

Participants will acquire knowledge and comprehension of their unique Personality Spectrum.

After all participants discover their True Colors **Personality Spectrum** by completing the on-line assessment have them read their **Personality Spectrum** printout report and circle attributes that are especially meaningful for them.

Pair & Share – each participant discusses their color spectrum with others or if working independently contributes an entry to their journal.

Conversation or journal starters:

- What was your response when you saw the first group of cards come up on the screen with the pictures of the mimes? Is the photo card you chose the same color as your brightest color on the bar graph at the end? Why or why not?
- Did you see parts of yourself in all the responses of some questions?
- What parts of you are in each color of your spectrum? Start with the brightest and work your way through to your palest color.
- If you had to explain why your color order came out the way it did, how would you do it? What would you say?
- Did any of the scenarios in the last section resonate with you? Did you laugh at any of them?

Performing this activity helps participants internalize the learning and begin to understand that although we all have brightest colors, we also have elements of each color in our own spectrums. By articulating their experience they are demonstrating understanding of the information presented.

