

**ACTIVITY:**

# IDEAL VERSUS REALITY

**LEARNING AIMS:**

- To highlight the unrealistic ideals we often have of ourselves and others
- To show that everyone has different ideas of what is 'perfect'

**TIME:**

25 Minutes

**RESOURCES:**

- Large piece of paper/wallpaper backing paper
- Felt tip pens/ marker pens

**ACTIVITY DESCRIPTION:**

Split into small groups of 4-5. Ask for a volunteer from each group to be drawn around – this person lies on the flipchart/backing paper and another member of the group draws around them producing an outline of their shape. Next, draw a line down the centre of the person's outline, splitting the figure in half. Finally, ask students to draw/write their 'ideal features' on one side of the figure, and add 'real life' features to the other. Once complete the groups share and discuss their creations, explaining the choices they've made and why.

