

TOOL 5 - SUPERMAN/WOMAN/FLIP CHART RECOGNITIONS

Module: IDENTITY Worksheet

Objectives:

Awareness of qualities others see in them.
Acknowledging others and themselves in a fun and playful way.
Receiving concrete challenges from others on behalf of growth.
Receiving feedback as to what others would like to see more of.

Materials required:

Flip over
Markers
Books and pencils
Tape

Step by step facilitation instructions:

- Make sure everyone attaches a flip over sheet on their back and inform them that the sheets will be used for the next exercise.
- The job coaches participate also in this, solely in the writing and not with their own flip over paper. By doing this, they can also add additional support.
- Step one – everyone has a black marker and will walk around in the room; writing acknowledges on each other's flip over/back. They will write one word at a time and walk around writing several times on each other.
- Step two – They will continue the exercise; in step two they will write what they want to see "more of". They will add the word "more" in front of the words.
- Step three – They will continue the exercise; in step three they will give a challenge and circle it.
- Everyone takes their capes off and put them on the floor for everyone to see.
- The ones who want can read all written words aloud.
- They are all asked to choose one word they like the most.
- They are all asked to choose at least one challenge, if not all.
- Debrief of their experience.

Expected duration

55 minutes

Expected outcomes

Acknowledgments create growth and a stronger identity.
A light and playful atmosphere increases learning.
To learn through play, self-confidence, cohesion, and community.
Seeing themselves and seeing qualities values mirrored by the group.
The value of giving and receiving acknowledgements.

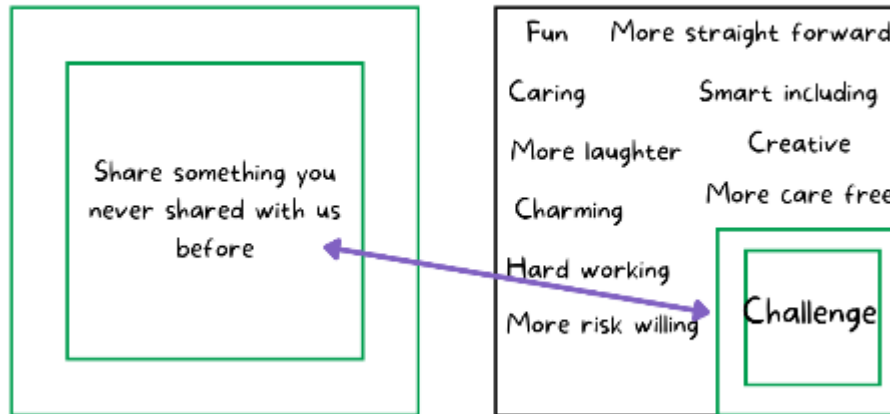
Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT

TYPICAL EXAMPLE OF HOW A FLIP CHART MIGHT LOOK WHEN FINISHED

Example of a challenge



CHECKLIST

- How many participants:
- What worked and why:
- What did not work as planned:
- Number of participants who engaged:
- Step 1 completed:
- Step 2 completed:
- Step 3 completed:
- Debrief completed: