

Me in a Nutshell

From *Ryhmä toimivaksi* by Laura Jääskeläinen

DURATION: 15 MINUTES

MATERIALS: ONE PEN PER STUDENT AND THE NUTSHELL
TEMPLATE INCLUDED WITH THIS ACTIVITY

This is both a self-reflection and self-introduction activity. Participants only need to share what they're comfortable with.

1. Each student writes their first name in the center of the nutshell.
2. Then, they fill in the four corners:
 - Top left corner: One thing you like
 - Bottom left corner: One thing you don't like (not a person)
 - Bottom left corner: One positive word to describe yourself
 - Top right corner: Something you'd like to learn
3. In the sharing round, participants can choose to read all or just one of their answers.

Laura's Tip:

Let participants know beforehand that they'll be using their nutshell to introduce themselves. This way, they can better decide what and how much they want to share.

In step 3, if you want to lower the stakes, have students work in pairs. First, each student shares some or all of what they've written in their nutshell with their partner. Once both have shared, each one introduces their partner to the rest of the group—based on what their partner shared.

Hi! I'm Laura Jääskeläinen

I'm a teacher turned group dynamics coach from Finland. This activity is from *Ryhmä toimivaksi*, my bestselling Finnish guide to building safe, connected classrooms. An English edition is on the way.

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