



Arquidiócesis  
de Tlalnepantla  
*Tierra de en medio*

# Fichero Compendio

# Autoconocimiento

Ficha 3

## Mi autorretrato



## Objetivo

Explorar dentro de uno mismo e identificar claramente elementos que integran nuestro ser con el propósito de autoconocernos por medio de nuestra imaginación, creatividad y el compartir con el que es semejante a mí.

## Me preparo

Actualmente vemos que existen muchas figuras públicas que influyen en nuestra vida y nuestra personalidad, muchas veces queremos ser como ellos; tener el mismo carro, la misma ropa, el mismo cuerpo, etc. Sin ponernos a pensar en todas las capacidades que Dios nos ha dado al hacernos únicos, irrepetibles e irremplazables.

## Logros a desbloquear

- Autoconocimiento
- Integración grupal
- Desarrollo de la imaginación y creatividad
- Comunicación

## Necesito herramientas

- Una cartulina por participante
- Colores
- Plumones o plumones

## Manos a la obra

1. Estimular la creatividad y el deseo de hacer un autorretrato que puedan admirar constantemente

2. Dar las siguientes instrucciones al grupo en el siguiente orden:

a. Hoy vamos a hacer una imagen de nosotros mismos en la cartulina. Utilizaremos todo el espacio, dibujándonos a nosotros mismos. Utiliza tu creatividad y todo lo necesario para representarte, puedes utilizar símbolos o todo lo que se te ocurra que hable de tu persona.

En la parte inferior de la cartulina, escribe un pensamiento que te guste mucho y que diga algo de ti. Pueden ser ideas inventadas por ti, pensamientos de alguien más, citas bíblicas o algo que hable de cómo te sientes contigo mismo.

b. Al terminar, pega tu cartulina en alguna parte del espacio en el que se encuentran

c. Paséate por el espacio viendo las imágenes de los demás, analiza cuáles son las que más te gustan y por qué te gustan.

## Profundicemos

Una vez que han visto las imágenes de todos, siéntense en un círculo para compartir. Deben compartir cómo se sienten, si es necesario utilizar las siguientes preguntas:

- ¿Qué sientes al plasmar tu propia imagen?
- ¿Cuáles de tus rasgos te fueron más difíciles de plasmar?
- ¿Qué imagen te gustó más y por qué?

the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over has increased from 5.5 million to 7.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people, and the need to ensure that the health care system is able to meet the needs of older people. The Department of Health (2000) has published a strategy for older people, which sets out the government's commitment to improve the health and well-being of older people, and to ensure that the health care system is able to meet the needs of older people.

The strategy for older people is based on three main principles: (1) to improve the health and well-being of older people; (2) to ensure that the health care system is able to meet the needs of older people; and (3) to ensure that older people are able to live independently and actively in their own homes. The strategy sets out a range of measures to be taken to achieve these aims, including: (1) to improve the health and well-being of older people; (2) to ensure that the health care system is able to meet the needs of older people; and (3) to ensure that older people are able to live independently and actively in their own homes.

The strategy also sets out a range of measures to be taken to improve the health and well-being of older people, including: (1) to improve the health and well-being of older people; (2) to ensure that the health care system is able to meet the needs of older people; and (3) to ensure that older people are able to live independently and actively in their own homes. The strategy also sets out a range of measures to be taken to ensure that the health care system is able to meet the needs of older people, including: (1) to improve the health and well-being of older people; (2) to ensure that the health care system is able to meet the needs of older people; and (3) to ensure that older people are able to live independently and actively in their own homes.

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