



Arquidiócesis
de Tlalnepantla
Tierra de en medio

Fichero Compendio Autoconocimiento

Ficha 13
¿Quién soy hoy?



Objetivo

Que el joven se pueda conocer, para lograr identificar sus ideales y clarificar valores, con el propósito de que pueda tener una integra comunicación de su persona

Me preparo

Muchas veces, el admirar a alguna persona o personaje ficticio, nos habla de nuestros ideales, metas o el estilo de vida que nos atrae.

Vamos a imaginar que tú puedes elegir quién te gustará ser hoy: puedes imaginar ser superhéroe, artista de cine, jugador de fútbol, etc. Imagina que hoy eres quien te gustaría ser.

Logros a desbloquear

- Autoconocimiento
- Identificación de ideales
- Integración
- Comunicación y expresión
- Clarificar valores

Necesito herramientas

- Hojas de papel
- Lápiz

Manos a la obra

1. Dar las siguientes instrucciones:
 - Primer paso:

Individualmente responde lo siguiente:

Piensa quién te gustaría ser hoy.

¿Por qué te gustaría ser esa persona?

¿Qué harías o estarías haciendo si fueras esa persona?

¿Cómo te sentirías siendo esa persona?

2. Cuando hayan terminado, continuar con el siguiente momento:

- Segundo paso

Por parejas, entrevista a la persona que es tu compañero. Cuando termine uno, la otra entrevista a su entrevistador. No olvides anotar las respuestas, hazlo como si fueras un periodista.

3. La entrevista puede ser libre y cada persona preguntará a su compañero las cosas que quiera. La entrevista también puede ser dirigida con una serie de preguntas base que a continuación se brindará, siempre se deberá iniciar preguntando: ¿Quién eres hoy? y continuar después con la entrevista libre o guiada.

Para la entrevista guiada:

- ¿Quién eres hoy?
- ¿Por qué te gusta ser esa persona?
- ¿A qué te dedicas o qué es lo que haces?
- ¿Cuál ha sido la cosa más importante que has hecho en tu vida?

4. Al terminar las entrevistas se volverá a reunir todo el grupo, cada uno irá diciendo a quien entrevistó y por qué es una persona importante su entrevistado.

Profundicemos

En otro momento la entrevista se puede expresar con mímica, con un cuento sobre la persona elegida o por medio de dibujo o collage.

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 4.5 million to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people in the UK. The Department of Health (2000) has published a strategy for older people, which sets out a vision for the future of health care for older people. The strategy is based on the following principles: older people should be able to live independently, safely and with dignity; older people should be able to access the services they need; and older people should be able to participate in decisions about their care.

The strategy also sets out a number of key objectives for the future of health care for older people. These include: to improve the quality of care for older people; to ensure that older people have access to the services they need; to ensure that older people are able to live independently, safely and with dignity; and to ensure that older people are able to participate in decisions about their care.

The strategy also sets out a number of key actions to be taken to achieve these objectives. These include: to improve the quality of care for older people; to ensure that older people have access to the services they need; to ensure that older people are able to live independently, safely and with dignity; and to ensure that older people are able to participate in decisions about their care.

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