

Gifts of the Head; Heart and Hands

Recognizing individual and collective abilities

1. Write out the questions below on newsprint and read out-loud. Ask each group member to think about each question and write their answer down (or just think about them.)
 - ▶ **Gifts of the head:** (things I know something about and would enjoy talking about or teaching other about, e.g., birds, local history, music).
 - ▶ **Gifts of the hands** (things I know how to do and enjoy doing, e.g., carpentry, sports, planting, cooking, - be specific).
 - ▶ **Gifts of the heart** (things I care deeply about, e.g., children, older people, community history, environment).
2. Once everyone has had a chance to think about their responses, ask group members to share their 'gifts' and record this information under the appropriate category on a large flipchart. Review the list of 'gifts' or capacity that was found in the group.
3. Ask the group: "Was there anything that surprised or interested you about this list?"
4. Write down each individuals' gifts in a notebook and draw upon these as the community action plan activities begins to be implemented. It's often helpful to review these 'gifts' as a way to reinforce the group and their abilities.