



# Recipeace Cards

A Project of the Jeffco Student Health Advisory Council

## ***IF I WERE AN ANIMAL***

*An activity to find skills or personal goals that you could work on.*

**Time**  
60 Minutes

**Group Size**  
Entire Class

**Materials**  
None

### **INSTRUCTIONS**

1. Have the class sit in a circle or somehow take turns.
2. Tell the class to think of an animal that has qualities they would want to have. Teacher should give an example to the class by saying, "Hi, my name is Mark, and if I were an animal, I would want to be a bear because I work very hard and don't get enough sleep. If I were a bear, I would be able to hibernate."
3. Give the class some time to think about what animals they would want to be and why. Have people who are ready go first, and then have the person next to them continue.

### **DISCUSSION QUESTIONS**

- Did anyone's animal choices surprise you? Why?
- Did you want to change your original answer based on what someone else said? What made you want to change your answer?