

Self Evaluation



"A person without a sense of humour is like a wagon without springs. It's jolted by every pebble on the road."

Henry Ward Beecher.

Activity 1

Aim(s)

- To reflect on whether the young people have the virtue of humour.

Resources

- *Humour Self Evaluation* Worksheet.
- Pens.

Delivery Guide



This is best done as individuals, but young people can work together to talk about it and get help.



Facilitators can complete a self-evaluation alongside the young people.

Give young people the *Humour Self Evaluation* Worksheet and go through it to check understanding. Stress that this is not an evaluation of how funny they are!

Ask them to think about whether they meet all of the different aspects of the virtue of humour. Which bits are they best at doing? Which elements are harder? Get them to tick the relevant box.

	Yes, I do this!	I can sometimes do this, but not always	I don't do this at all.
They can understand the difference between what is disrespectful and what is just a bit of fun or harmless banter.			
They can take a joke – they don't get annoyed if someone makes fun of them or of things they love as long as the joke is made with a friendly intention.			
They will tolerate jokes that they wouldn't tell or don't think are funny, and know how to interact with those around them in the right way.			
They are able to challenge jokes that are unfair, unkind, or inappropriate and they do this fairly and kindly.			

It may be useful for young people to talk to you or to each other about it and get an outside view from someone who knows them.

Once they've completed this, ask them to think about one aspect they'd like to work on. How could they practice doing this?

If you have time, you can come back to this activity in a week or at the next session and see whether people have been able to practice and improve their virtue of humour. You can also make a point of highlighting any examples you see during the week / in other sessions of the young people using humour in a good way; for example, to make others feel at ease or welcome in the group or to break tension etc.

Points to highlight

- We're not always good at all aspects of a virtue – we always have areas for improvement.
- We can practice the virtues and improve as time goes on.
- It's good to pause and reflect sometimes.