

ALL TOGETHER NOW

**AGAINST
LONELINESS**

Head Heart Hands:

Discovering the
Gifts of
Individuals in Your
Community

CUF 

CHANGING LIVES AND
COMMUNITIES TOGETHER

What is Head Heart Hands?

This exercise can help you:

- identify your own gifts and what you have to contribute
- connect with other people with shared interests
- find out what gifts other people have to contribute

How do I use it?

Think of 2 or 3 gifts that you have in each of the categories below. These should be things you wouldn't mind people here knowing about you. Write these gifts on the other side of the paper on the outline of the person in the appropriate place.

- Gifts of the head: knowledge or information you have; things that you know about and would enjoy talking about, or teaching others about e.g. local history, films, birds, or theology.
- Gifts of the hands: practical skills; things that you know how to do and enjoy doing e.g. carpentry, football, gardening, or cooking.

- Gifts of the heart: passions or skills, like listening; things you care deeply about e.g. protection of the environment, music, sport, community life, or children.

When you have finished, tape the paper to yourself and walk around, reading about other people's gifts and letting them see yours. Try to have conversations with at least 2 people.

Reflect on the exercise – did you find out anything new about yourself or others?

Tips for using Head Heart Hands:

The exercise can be used with all ages - children can be encouraged to take part by drawing their gifts on the outline.

The exercise is suitable for use in church services, meetings, PCCs, leadership teams, small groups or home groups.

Help your church explore the theme of participation by downloading the Growing Good Toolkit: www.growing-good.org.uk

My name is:

And here are some of my gifts:

