

# HEAD HEART HANDS

Discovering the gifts of individuals in your church and community



## What is Head Heart Hands?

This simple exercise can help people identify their own gifts and what they have to contribute, to connect with other people with shared interests, and to find out what gifts other people have to contribute.

It encourages us to think about gifts in three categories:

- 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, community life, or children.

## How to use Head Heart Hands?

Here are two ideas for using it in your service or with small groups of adults or children.

### Option 1: As an activity within a service, small group or with a group of children / young people.

- See the template on page 3. You can either print enough copies for everyone or give out paper and pens and ask people to draw a simple outline of a figure.

- In the group, introduce the activity and explain the three categories. Ask everyone to think of 2 or 3 gifts they have in each of the categories. These should be things they wouldn't mind people knowing about them. Write or draw these gifts in the appropriate place (head, heart, hands) on the outline of the person.
- Now ask everyone to find one or two other people to share their outline with.
- If you are using this as part of a service you could bring people back together at the end of the activity for a time of sharing and feedback. You could ask some of the following questions:
  - Did you discover anything surprising about yourself or others?
  - What do we need to do to help people discover and use their gifts?
  - How could we enable people from the community around the church to also discover and use their gifts?
  - Why is it important that we have a variety of individuals with different gifts in our congregation and community?

**Tip:** If you are using this with children you might provide larger outlines and encourage them to draw rather than write on the figure. You could ask them to think of 1 gift for each of the categories.

**Tip:** Young people might have fun drawing round one of their group on a larger piece of paper and collectively contributing their ideas.

## Option 2: For a talk to an all-age audience:

- You will need: A large piece of paper (a roll of wallpaper or flip chart pages stuck together), marker pens.
- Ask for two volunteers – ideally a child and a young person / adult. Ask the child to lie on the paper while the other volunteer draws round them. Thank the volunteers for their help. (If necessary, you could prepare this step in advance.)
- Explain that you are going to be thinking about the different gifts that each of us brings and that we don't all have the same gifts. If you are having a harvest collection of food you could reference the different gifts of food that people have brought and that the variety is a good thing e.g. if everyone brought a tin of beans we'd have a lot of beans but not much variety!

Introduce the idea that our gifts are many and varied but we can categorise our gifts as:

**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, community life, or children.

- Invite people to call out examples from each of the categories – either their own gifts or those they see in others. Ask another volunteer to write these in the appropriate place (head, heart, hands) on the outline of the person. (You could extend this by asking people to chat about their gifts, or the gifts others have, with the people sat around them first before asking the whole congregation to feedback their ideas.)
- Hold up the outline of the person which is now full of all the gifts suggested by the congregation. In reality, there is no one person who has all these gifts. However, we can think about this person as the image of the church. The bible talks about the church as one body made up of many members with different gifts (Romans 12:3-8)
- Together we are like this one body with many gifts. Together we are made to love God and love our neighbours. And we do this by bringing our individual gifts, many and varied as they are, for the benefit of everyone.

Head Heart Hands is adapted from Mike Green and Henry Moore; ABCD training group.

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