

## Discoverables, not deliverables: Turning gifts into actions!

By Dee Brooks

One way to discover the gifts that you, and others, can offer your community is through an exercise we call the “[5H's](#)” (you can find examples of how you might facilitate this as an activity by clicking on the link above). Based on the ABCD Institute’s “Head, Hand, Heart” activity, it encourages people to explore their hidden talents, skills and passions and explore how they can, or already do, share those with others.

### Gifts I can give my community

**s of the Head** (Things I know something about would enjoy talking about with others, e.g., history, movies, birds).

**s of the Hand** (Things or skills I know how to and would like to share with others, e.g., entry, sports, cooking).

**s of the Heart** (Things I care deeply about, e.g., protection of the environment, civic life, children).

**s of the Heel** (Things I do with others to become calm when I’m stressed e.g., walk, meditate, swim)

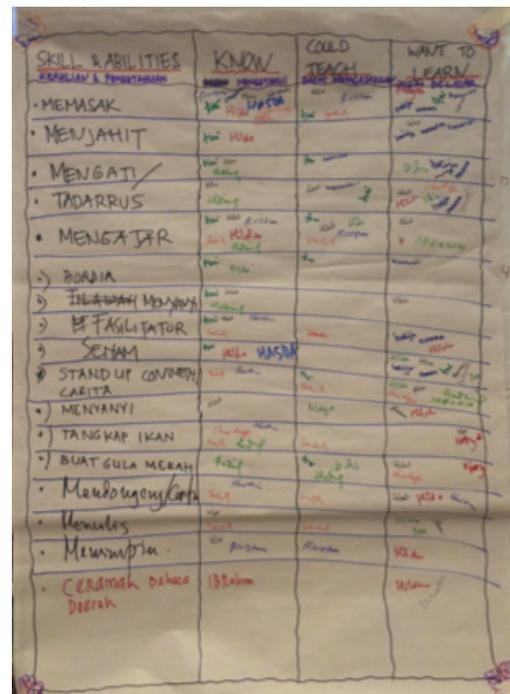
**s of Human Connection** (Things I do to stay connected to my community join a group, visit someone)



Once these gifts have been uncovered, and there will be A LOT, you can follow these simple but powerful steps to get these gifts organised into practical action!

### Broad Steps:

- Create four (4) columns on a flip chart sheet (stick multiple sheets together if working with a large group; you’ll need them)
- Add people’s responses to the Gifts exercise in the first column, as a list
- Grab a dark coloured marker and turn the list of Gifts into a grid across all the columns (see picture below)
- Invite people to grab a pen and come forward to write their name in each of the appropriate boxes where they know about something, could (or are willing to) teach, or want to learn.



SKILL & ABILITIES	KNOW	COULD TEACH	WANT TO LEARN
MEMASAK			
MENJAHIT			
MENGATI			
TADARRUS			
MENGATIR			
BONIA			
ILUSTRASI MAMPA			
BEFASILITATOR			
SEHAM			
STAND UP COMEDY			
CABITA			
MENYANYI			
TANGKAP IKAN			
BUAT GULA MERAH			
Membongkorkota			
Memories			
Mewarnai			
CEREMAH bahasa daerah			

SIT BACK AND WATCH THE MAGIC!!!

*(Example from the SILE project, Makassar and Surabaya, Indonesia)*

Below are two (2) examples:

1. A broad, open Gift list as detailed in the exercise above
2. A focused, themed list, as required

## Strengths Survey

### SEVA – Empowering Communities

We know that many community members have skills, talents or time they would be happy to share with others. For this project, we are asking about what's required to start up a grassroots organisation, what skills we have to share with each other and how we can support each other with challenges. We want to make it easier for people to find others with similar interests and concerns and discover interesting experiences to try out new things to help each other or help the communities

There are two ways you can fill out the survey. You can either sit with one of the project workers, go through it with them and they can fill it out for you or you can take it home, fill it out and return it. Filling in this survey is not committing yourself to anything; you will always have the opportunity to decline any requests.

Name .....

Phone .....

E-mail address (if used).....

Address .....

Please indicate which things you know, which things you would be able to teach others, and which things you would like to learn.

**JEDER** Institute

SKILLS & ABILITIES	KNOW	COULD TEACH	WANT TO LEARN
Language skills			
Computer literacy			
History			
Cooking			
Music/Drama/Dance			
Storytelling			
Games/Sports			
Administrative/ organizational skills			
Leadership			
Communication			
Understanding the culture of a group			
Handy work			
OTHER...			

**JEDER** Institute

These examples are from a project I worked on with an ABCD mate, Om Dhungel, in Sydney, Australia. The project was empowering refugee and asylum seekers to share their skills, talents and abilities and work together for common good. As you can see below, the group particularly wanted to look at how to start up a grassroots organisation.

GRASSROOTS ORGANISATIONS	KNOW	COULD TEACH	WANT TO LEARN
Defining Background and Culture			
Developing Aims, Objectives and Principles			
Understanding of local Rules and Regulations			
Developing Guidelines			
Fair Trading Rules for organisational set up			
Organising a committee			
How to identify skills in the community			
Discovering people who are committed / willing to contribute			
How to sustain and contribute to constitution			

**JEDER** Institute

The incredible discovery from this exercise was that they already had what they needed in the room, through the skills, talents and abilities of the various community members. The buzz in the room was palpable and the excitement grew over the next few months as these participants shared their findings back to their communities and started to gather more assets and stories.

This is how we start discovering the hidden treasures in community! This is what the glass half full looks like! This is how we build community from the inside out!

It's as easy as ABCD!