ACTIVITY 5: A PAT ON THE BACK

Receiving and giving compliments can build self-esteem.

Objective: To have students recognize and acknowledge each other's strengths.

Materials: Large sheets of light colored construction paper
          Masking tape
          Crayons

Directions: 1. Have each person tape a piece of construction paper to his or her back.
            2. Give each student a crayon.
            3. Students stand and walk around the room. Each person is to write at
               least one positive comment on every other person's sheet. Comments should
               highlight that person's strengths.
            4. When all are finished, ask each student to remove the paper and look at it.
            5. Ask if anyone had something written that surprised them. Discuss.

funny
caring
creative
intelligent
easy to talk to!