

How do you feel today?

Type: _____ Introductory X Working _____ Closing _____ Game

Optimum Group Size: 5 - 15

Materials Needed: Papers, pens & pencils

Outline of Activity:

Have participants draw a line down the middle of a sheet of paper vertically. Instruct the group members that they have one minute to list all the qualities they like about themselves on one side of the paper. At the end of that minute, have them take another minute to make a second list of all the qualities they don't like about themselves on the other side of the paper. Once both lists are completed, have them compare the two lists. Then give the group a few minutes to add to the list of theirs, which is shorter, making sure the lists are then equal to each other.

Goal:

To help the group members to identify their positive and negative qualities as they see them, and to explore the importance of recognizing and utilizing those positive qualities within themselves.

How to Process:

Which list was shorter before we went back and added it? Why?

Many of us look at ourselves negatively? Why? What can we do about this?

Can we help each other with this by telling others more often about their positive qualities and complimenting them?

You may want to take some time for the members to add to their positive list with the additions they can now think of and the additions given to them by others.

How did you feel during this activity? Why?

What did you learn about yourself? About others?

Source or Submitted by: Prevention Is Primary (PIP)