

ACTIVITY 5: A PAT ON THE BACK

Concept/Description: 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.

