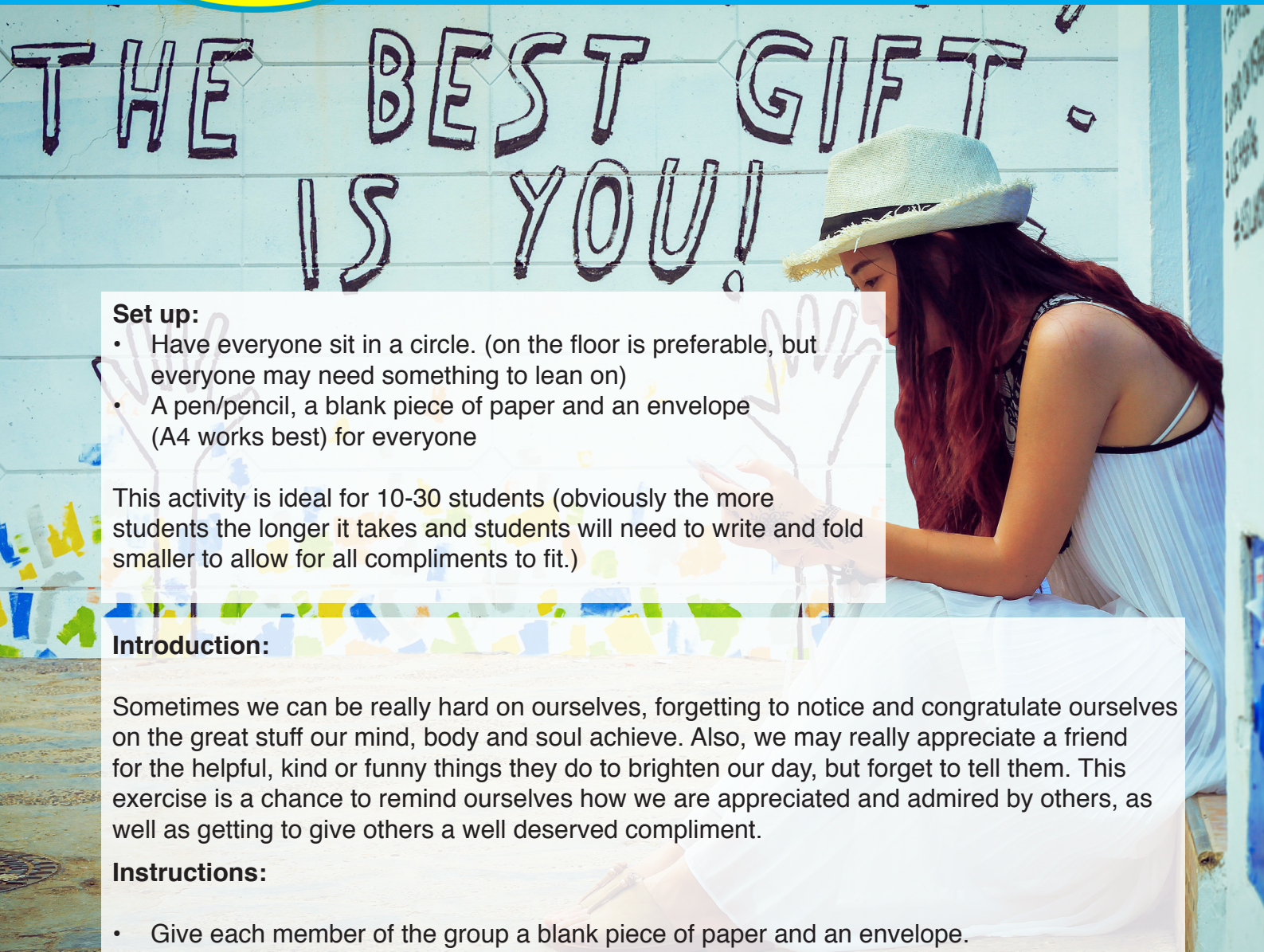




ACTIVITY: FAN MAIL



Set up:

- Have everyone sit in a circle. (on the floor is preferable, but everyone may need something to lean on)
- A pen/pencil, a blank piece of paper and an envelope (A4 works best) for everyone

This activity is ideal for 10-30 students (obviously the more students the longer it takes and students will need to write and fold smaller to allow for all compliments to fit.)

Introduction:

Sometimes we can be really hard on ourselves, forgetting to notice and congratulate ourselves on the great stuff our mind, body and soul achieve. Also, we may really appreciate a friend for the helpful, kind or funny things they do to brighten our day, but forget to tell them. This exercise is a chance to remind ourselves how we are appreciated and admired by others, as well as getting to give others a well deserved compliment.

Instructions:

- Give each member of the group a blank piece of paper and an envelope.
- Ask them to write their name on the front of the envelope and also on the very top of the piece of paper.
- Once they have done this they fold their piece of paper and place it inside the envelope.
- On the teachers instructions each participant passes their envelope to the person on their left.
- The receiver of the envelope takes the piece of paper out of the envelope and must write a compliment about the person who the envelope/paper belongs too at the bottom of the paper. This compliment needs to be meaningful and well thought out. It may be on their abilities, talents, personality, but try to avoid comments on the persons physical appearance. Students should try and avoid writing one or two word compliments.
- Once they have completed their compliment they fold the paper over what they have written so the next person will not be able to see. Place the paper back in the envelope
- On the teachers instruction the envelopes are passed to the next person on the left.
- This continues until all group members have commented and the student receives their own envelope back.
- Allow time for the students to read and smile!