I Like Myself Today Because…

Type: ___X____ Introductory _____ Working _____ Closing _____ Game

Low Risk – Getting to know each other	Growing Risk – Personal awareness	Ending – Saying goodbye	Active Exercise – For group building and fun

Optimum Group Size: 5 - 15

Materials Needed: Slips of paper, pencils

Outline of Activity:

As each participant enters the room, hand him/her a slip of paper that begins 'I like myself today because…". Each participant completes the sentence independently. Have the participants share their writing in small groups. Collect the slips and read some of the positive statements without using participant's names.

Goal:

To improve student self-image by showing students how to talk about themselves in a positive manner.

How to Process:

After all slips of paper have been shared, go back and see if anyone would like to elaborate on their sentence.

Source or Submitted by: Marjorie Jacobs, Building a Positive Self-Concept