

Affirmation Cards

Impact: Brings closure to an event, gives time for reflection and sharing amongst group members, focuses on the positives and what each person has accomplished.

Risk: Medium

Group Size: Unlimited

Time Required: 30 minutes

Materials: Paper, pens, tape

Directions:

- Introduce this activity by asking the group what it means to be affirming.
- Then tape a card on each participant's back, and give everyone something with which to write.
- Instruct the participants to walk around the room and write affirmative statements on each person's card. The statements (1) can be signed or anonymous; (2) should only be positive; and (3) should be specific about the person.
- After everyone has had enough time to give an affirmation to every member of the group, bring everyone back together in a circle.
- Ask everyone to remove the cards and read the statements to themselves.
- Close by having each person share something on his/her card that is especially meaningful and describe why it is so. This could also be done as an appreciation for something someone wrote.

Discussion:

It may be enough to end with everyone sharing an affirmation s/he received. If there is time and the facilitator wishes to deepen the discussion, here are some possible questions:

- Is what is written on the back of your card consistent with who you know yourself to be?
- If the statements are different, why do you think this is so?
- What did you learn about yourself through this exercise?

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