

CONCENTRIC CIRCLE AFFIRMATIONS

MATERIALS |

None

OBJECTIVES | The objective of this activity is for each participant to be affirmed by their peers.

FACILITATOR INSTRUCTIONS |

Introduce the concept of an affirmation

- An affirmation is a comment or observation about someone else that is meant to affirm them and make them feel good. Affirmations can be based on something you like about a person, something you admire about them, something you learned from them, something you noticed, or something else positive. The best affirmations focus on things about who a person is or how they have shown up or treated others. This means that while sometimes people can feel positive when others comment on their physical appearance, great affirmations are not about how a person looks or things outside of a person's control. For example, saying: "you're so pretty" or "I like your name (that you likely didn't pick)" is not as powerful as saying "I really appreciated how you shared so honestly with others" or "I love how funny you are."

Participants should form a concentric circle, one inner circle and one outer circle in which each person has a partner they are standing with face to face.

Each person will get 30 seconds to speak without interrupting the other person.

The first person to go should affirm their partner by sharing something they have appreciated about them, admired about them, learned from them, or noticed over the past two weeks. The second person should then share about their partner.

Once both partners have gone direct participants in the inner circle to move on person to the left and repeat the process.

Do this activity until you run out of time or until you get through everyone.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- How did it feel to affirm others?
- How did it feel to receive affirmations from others?
- What kinds of things do we appreciate about each other?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/affirmations/>

NOTES |

Affirmations are only possible to do once participants know each other, have had meaningful interactions, or have deeper relationships.