

# WRITTEN AFFIRMATIONS

## MATERIALS |

paper, writing utensils, markers, etc.

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

## FACILITATOR INSTRUCTIONS |

Ask participants to sit in a circle

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."

Give each participant a piece of paper and instruct them to creatively write their name at the top.

Each person should pass their paper one person to the left so that their neighbor can write an affirmation about them. You could include a meaningful quote, song lyric, or other comment on everyone's paper.

Keep passing papers until they get all the way around the circle.

At the end each person should have a sheet full of positive affirmations from their classmates.

## 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 |

This activity may not be appropriate for participants who cannot write.

Affirmations are only possible to do once participants know each other.

**ALTERNATIVES:** You could have each person attach their paper to their back with tape and have students circulate around the room writing affirmations anonymously. You could write affirmations on notecards or small pieces of paper and collect them in a paper bag or a jar for each person.