



TOSSING AROUND PRAISE

Purpose & Focus

Encourages thinking of others positive attributes and using good words to communicate with one another.

Participants

Any number of participants.

Time Allotment

15 – 30 Minutes

Activity Level

Moderate

Materials

- A ball or other item that can be safely tossed

Method

- Staff and participants stand in a circle at arm length intervals.
- Participants toss the ball to another peer or staff while stating a word of praise, something you admire about them, or something that person does that impresses you.
- Repeat the process, but this time you must toss it to a different person than the last time.

Discussion

- How does it feel to hear nice things about you? Does it make you happy or uncomfortable?
- Is it easier for you to say something nice about others or to hear something nice about yourself?