



WHAT YOU DON'T KNOW

Purpose & Focus

We sometimes take for granted the positive aspects of others.

Participants

Any number of participants.

Time Allotment

30 + Minutes

Activity Level

Low

Materials

- Paper
- Water-based markers

Method

- For this activity, tape a blank piece of paper to each participant's back.
- Participants are to write a compliment or positive comment on everyone's back.
- Have the group members pair up with someone and remove the paper from each other's backs.
- Have participants read what was written about them.

Discussion

- Were and participants surprised to read the compliments or positive comments about themselves?
- Explain that we tend to give compliments behind someone's back rather than telling them directly.