Title: High Five (Group Activity)

Exercise Code: SLINTEGRA029

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| Modules: | Group size: | Duration: |
| 1. Social Learning5. Conflict Solving Strategies  | Small groupLarge group | 30 min |

**Purpose:**

* To train yourself how to work within the group dynamic
* To improve our own expression of giving compliments and seeing the positive in people.
* To support others to express their feelings, beliefs and thoughts

**Description:**

Building self-esteem in yourself and others is an easy task when giving and receiving compliments. Tape a large sheet of colored construction paper onto the back of each person. Each person will move around the room and write at least one positive comment on every other person’s paper. Comments should draw attention to that person’s strengths. When finished, ask each person to remove the paper and read what others have said about him or her. Open discussion should follow based on the comments shared.

**Material:**

Paper, colored marker,, large sheet of colored construction paper

**Methods:**

Warm up, experiental learning

The exercise is suitable for a large or small group, the condition being that the participants know each other.

**Advice for Trainer:**

Trainers should encourage participants to discuss and debate with concrete examples, and invite them to speak about the possible positive experiences when they themselves received or gave a compliment to the person they work with, or share a work environment.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis