

# I Love That I...

A personal affirmation activity

## TIME 10-20 minutes





**TEAM STAGE** Forming, Norming

### **MATERIALS**

Paper, writing utensils

#### **SUMMARY**

This activity allows group members to think of positive affirmations individually while also sharing with their peers.

#### **SET UP**

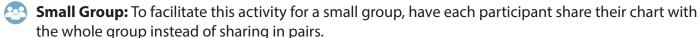
- Give everyone a piece of paper and a writing utensil.
- If desired, prepare an example poster of the chart.

#### **INSTRUCTIONS**

- Have participants create a chart by dividing their paper into three sections. Then, have them fill in each section of the chart by answering the following prompts about themselves:
  - I Love That I Can...
  - I Love That I Am...
  - I Love That I Have...
- Give participants five to seven minutes to complete their charts. Then, have participants find a partner to share what they wrote.
- Prompt participants to switch partner pairs
- every few minutes.
- I Love That I Can... I Love That I Am... I Love That I Have... - be myself at - positive - good health school - creative - supportive friends - cook - a change-maker - an education - an older brother - make an impact - a moral compass - an advocate for share my ideas a fun job others
- At the end, ask for a few participants to share something they learned or a takeaway from their experience talking to others in the room.

#### **VARIATIONS**

- For a creative take on this activity, allow participants to depict their answers in any way that they would like (eq. pictures, drawings, etc.) – they don't have to be limited to words on the chart.
- Do this as a group activity, with the whole group collaborating to think about what they appreciate about the group by answering the prompts: "We Love That We Can", "We Love That We Are", and "We Love That We Have".



**Online:** To facilitate this activity virtually, have participants write their charts individually on a piece of paper or use a shared document that everyone can contribute to. Then, use several rounds of breakout rooms for participants to share with one another. [click here for video]



## **VARIATIONS** (continued)

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**Asynchronous:** To facilitate this activity asynchronously, have participants create their charts on a shared document. Allow participants to complete their chart on their own time by a specified date. Then, allow participants to look through the document on their own time to see everyone else's charts.

## **DEBRIEF QUESTIONS**

- What:
  - How did you decide what to write down about yourself?
  - How did it feel to write affirmations for yourself?
- So What:
  - Why is it important to take the time to affirm yourself?
  - What is the significance of sharing your self-affirmations with your peers?
- Now What:
  - How can you continue to affirm yourself throughout the year?
  - What can we do to make time for personal and group affirmations?
    - Facilitator Note: These questions can be used to guide your debrief, however, pick the questions that best match your group's experience and add or change questions as needed.