*High Five*

*(Group Activity)*

***Building self-esteem in yourself and***

***others is an easy task when giving and***

***receiving compliments.***

***You will need a large sheet of colored***

***construction paper taped to the back of***

***each person and a colored marker or***

***crayon.***

***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.***