



THE WALLS TELL ALL

TYPE:

Reinforcer

GROUP SIZE:

Any

MATERIALS:

Poster Board or Long Paper, Pens, Markers

INTRODUCTION:

This activity provides an opportunity for group members to share positive feelings about one another. It also gives a supportive "keepsake" for group members to utilize in the future.

DESCRIPTION:

Instruct each group member to put either names on a piece of paper/poster board and tape it on the wall. Ask group members to write down warm feelings on each posted paper. Group members should retain their piece of paper to use as reinforcement when needed.

PROCESSING:

- How did you feel after you read your paper?
- What is something that you wanted to share that you didn't?
- What are some other uses for this exercise?
- What do you wish you would of shared?

VARIATIONS:

- Group members may choose to decorate paper for other group members.
- Have group members read their "page" aloud to the group.
- Save a copy of each page to send out to group members when they need a pick me up.

OUTCOMES:

- Reinforces group members
- Builds self esteem
- Aids in group cohesiveness

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely