

Self Esteem Toilet Paper Game

Step-by-Step Instructions:

1. Have the group form a circle and be seated.
2. Pass out the roll of toilet paper and ask members to tear off as many pieces of toilet paper as they think they need. This is the only instruction you will give them. Some will tear off three sheets while others may take 15 or so.
3. When they are done taking their sheets, instruct them that for each sheet torn off they have to share a positive trait and/or strength about themselves to the group.

Tips for Discussion and Processing

Process this activity in terms of how difficult it is for many people to say positive things about themselves. Also discuss risk-taking in terms of tearing off pieces of paper without knowing what they were going to be asked to do.

Title: Self Esteem Toilet Paper Game

Group Size: 5 to 15; however a larger group can be broken down into smaller groups of 8 to 10

Time Needed: 15 to 25 minutes depending on group size

Goal: To get to know each other, provide group cohesion, and build self-esteem

Audience: Couples, Parents, Teens, Children, Singles

Special Considerations: If you feel that the group you are working with may be offended by the use of toilet paper, a large bag of M&M candy can be substituted.

Resources Needed:

- ✓ Roll of toilet paper