



What I Like About You

Step-by-Step Instructions:

1. Have the group sit in a circle.
2. Have each participant write his or her name at the top of his or her paper.
3. Instruct everyone to hand the paper to the person on his or her right.
4. Have participants look at the name on top of the paper and think of one or two things they like or appreciate about this person and write those things at the bottom of the paper.
5. Next instruct them to fold the paper upward just enough to cover what they have just written.
6. Have everyone again pass their paper to the right and repeat steps 4 and 5.
7. Continue this until everyone receives their original paper.
8. If things were done correctly, everyone should have a sheet of paper with many positive things written by the group.

Group Size: 1 to 10

Time Needed: 11 to 20 minutes

Goal: To help participants understand the power of praise and good will while helping them work through tensions that may exist within group

Audience: Couples, Teens, Parents, Children, Singles

Special Considerations: You will have to trust participants to be sensitive to other people's feelings. Your group will need to have met several times before participating in this activity and have had enough interaction among participants to know something about each other.

Resources Needed:

- ✓ One standard size sheet of paper and one pen/pencil per person

Tips for Discussion and Processing

This can be a very powerful exercise for people. It can also be a great lead into talking about the importance of praise and to talk about how to give it and how to receive it graciously.