

# AFFIRMING OURSELVES AND EACH OTHER



## PURPOSE:

### Why?

The language of acceptance and affirmation is important. It is important that we affirm ourselves through positive affirmations. It is also important that we feel affirmed by those around us to help us feel supported and to give us a sense of belonging. This activity helps take our anxious and nervous thoughts and see them with a new light, with support from our fellow club members.

## HOW TO:

### Materials & Budget

- Paper (\$5 or free if you use school materials or if the activity is discussion-based)
- Colored markers or pens (\$5-10 or free if you can use school materials)
- Bowl or hat that can fit crumpled up pieces of paper

## Instructions

This activity is best done in a small group of 5-10 students. If you have more than 10 students at the meeting, you can break up into smaller groups!

- Step 1: Students take a small piece of paper and write down something that's bothering them or is making them anxious (**have them choose a small to medium issue, nothing too intense**). Students do not write their name on the paper, it is anonymous.
- Step 2: Everyone crumples up their thought/worry and puts it into the bowl or hat
- Step 3: Each student takes turns grabbing one of the crumpled papers out of the hat (don't choose your own!) and reading it out loud.
- Step 4: Go around the circle and provide affirmations and support for that student. Be sure to validate their feelings and then remind them of who they are and that it will all be okay! If needed, see the affirmation sheet below and recite one together after each note is read and support is given.

## Timeline

This activity does not need a lot of time to prep, once you have the materials you are good to go! Activity should take 20-45 minutes depending on how many students there are and how long you take to go over each crumpled note.

## Impact

This activity is great for club meetings as it's relatively quick & easy to do. It also should leave club members feeling more positive and close to one another.

## Examples of how to affirm someone's anxious thought or worry

"I am not queer enough"



"You are exactly who you are, and that is always enough"

"I feel like I don't really fit in with a lot of people at school"



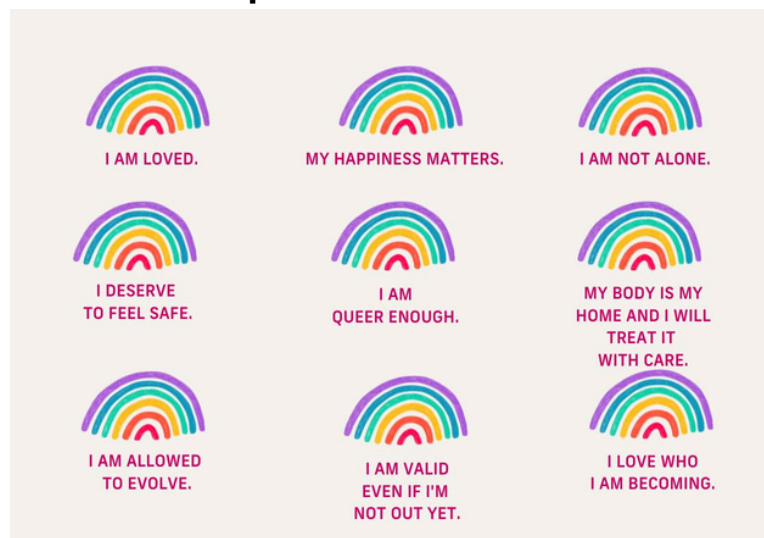
"You are unique and valuable just as you are. Your true friends will celebrate your uniqueness and love you for being exactly who you are."

"I'm scared to wear the clothes that make me feel most like myself because of what people might think"



"Feeling like yourself is so important! The important people in your life will love you no matter what you wear."

### Example Positive Affirmations



Post photos from this activity to your club Instagram and tag @bc2mhighschool

