



POSITIVE GOSSIP

Students share appreciations for each other

OBJECTIVES

- Students will share and receive affirmations from the group

MATERIALS

- Music to play in the background
- Plain paper (variation)

TIME

15 min



LESSON INTRO

This circle-based, peer-led activity gets the group appreciating the individuals in their crew.

Negative gossip is all around. This activity turns the table, and creates a positive environment where students share out how their group members exemplify characteristics that the group appreciates.

LESSON STEP BY STEP

1. Circle up the group, with a chair in the middle of the circle.
2. Explain to the group that this activity is a way to acknowledge the positive qualities that each member of the group brings.
3. Have each student get a turn in the middle of the circle for the class to share examples and characteristics of that person that are positive.
4. PROMPT: “What is great about so-and-so? What did you see this week (during the Outward Bound program, in general) that makes this person an asset to our community?”
5. To keep things fair and on time, designate an amount of time (i.e. 2 minutes) for each student to be in the middle.
6. Give everyone a turn in the middle

VARIATIONS

1. As a written variation of this activity, give each student a piece of printer paper. Have each student write their own name on top of the paper. Sheets of paper can be posted along walls or left on individual desks. Instruct the class to circulate around desks/room and write an appreciation on each classmate’s paper.



2. For a fun (and shorter) variation, invite a small batch of students (three-four) to the front of the class to stand with their backs to the group. For a designated amount of time, the rest of the class shouts out positives and appreciations for the "blind" students. To add to an air of mystery all around, the appreciations don't have to be aimed at one particular student. For example "they have a great fashion sense," "they say hi to me every day."
Switch out the student batches so everyone has a turn.

FACILITATOR TIPS AND NOTES

1. Put on background music. This will go a long way to fill in empty space as people think, as well as build a positive atmosphere. You can even 'time' the music so that the group knows when to start and stop sharing based on when the music starts and stops.
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NOTES

- **Educational Standards:** CASEL: Social Awareness , P21: Social and Cross-Cultural Skills, P21: Communication and Collaboration