Name/Title: **Self Esteem Links**

Purpose of Event: Students will be able to give, accept and receive compliments from fellow classmates

Suggested Grade Level: 6-12

Materials Needed: lots of tape, scissors to cut tape, strips of paper about 1 inch by 11 inches

Description of Idea

Have students break up into groups of 6 and form a circle. Each group gets tape and 7 strips of paper for each group member.

Each student takes one of his strips of paper and writes his name in large letters. (You may have them decorate those strips) Next, have each group member make a single link out of his strip of paper with his name on it (to make a link, tape both ends together so it looks like an "O").

Each student will then pass their link to the next person in their group. That person will take a strip of paper, write something positive about the person whose link they currently have, and then "link" it to the the persons name link to begin forming a chain.

These chains will grow as they are passed around the group. Once it has passed around to everyone in the group it should end up with it's original owner. Having his or her own chain, each student is to write a compliment about himself and link it on.

Students now have a nice chain of positive statements about themselves.

Submitted by **Terry Donoghue** who teaches at Mattawoman Middle School in Waldorf , MD . Thanks for contributing to PE Central! **Posted on PEC: 5/17/2000**.

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