

---

I Am

**I am . . .**

Write one positive and true quality of this person in the form of an adjective. (Leave room for everyone else to write an adjective.)

Move on to others in the class and write on their sheets and allow them to write on your sheet.

### **Reflection**

1. Take the paper off of your back, and read the list of positive and true qualities attributed to you by your classmates.
2. Reflect on this experience by answering the following questions:
  - How did you react to the descriptions?
  - Were you surprised by any of the qualities?
  - What positive and true qualities do you have that were not listed?
  - How did it feel to write compliments about your classmates? How did it feel to receive compliments from your classmates?
3. Reflect on how this activity connects with self-image or self-concept by answering the following questions:
  - How often in life do we receive that kind of positive feedback?
  - How often do we receive negative feedback?
  - Who are the people that usually give us feedback?
  - If we received this amount of positive feedback every day, how would it affect our behaviour?