

# Say Something Positive Behind my Back

GRADES

4-8

TIME

15 minutes

TOPIC

Self Esteem

SPACE

Classroom

MATERIALS

- Small pieces of paper (1 per student)
- Writing tool per student
- Tape to adhere the paper to a student's back

OUTLINE

1. Have students, working in partners, write one word (positive connotations only) on a piece of paper. Teachers quickly check the words. Then students adhere the message to their partners back (without them seeing it).
2. Then have students mingle around asking only one question to each other student.
3. They will try to discover the word that was chosen to describe them.

Self-Adhesive notes/ labels would work well in this situation as well.