

# SEATED AFFIRMATIONS

## MATERIALS |

None

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**OBJECTIVES** | The objective of this activity is for each participant to be affirmed by their peers.

## FACILITATOR INSTRUCTIONS |

Ask participants to sit in a circle

Introduce the concept of an “affirmation.”

- An affirmation is a comment or observation about someone else that is meant to affirm them and make them feel good. Affirmations can be based on something you like about a person, something you admire about them, something you learned from them, something you noticed, or something else positive. The best affirmations focus on things about who a person is or how they have shown up or treated others. This means that while sometimes people can feel positive when others comment on their physical appearance, great affirmations are not about how a person looks or things outside of a person’s control. For example, saying: “you’re so pretty” or “I like your name (that you likely didn’t pick)” is not as powerful as saying “I really appreciated how you shared so honestly with others” or “I love how funny you are.”

Give each person a few minutes to think of an affirmation for the person sitting to their right. They may choose to write it down.

Go around the circle and let each person look at the person next to them and share their affirmation.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- How did it feel to affirm others?
- How did it feel to receive affirmations from others?
- What kinds of things do we appreciate about each other?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/affirmations/>

## NOTES |

Affirmations are only possible to do once participants know each other, have had meaningful interactions, or have deeper relationships.

Even though this is not a written activity facilitators could track affirmations to share with participants or include in their portfolios.