

Wall of Appreciation

A big factor in our mental health involves our attitudes towards ourselves. Very often, many of us think things about ourselves that we wouldn't dare say to our worst enemy! Harsh self-criticism and self-doubt can adversely affect our mental health and emotional well-being. This exercise is designed to show the individuals in your group the great qualities others see in them that they may have undervalued or not even noticed in themselves, all with a goal to foster a more balanced perspective. This can help them become more resilient when faced with future setbacks or failures.

To Do:

- Distribute a marker and a large, blank piece of poster paper to each participant and have them write their name at the top in large letters.
- Have them post their poster papers on the walls of the room.
- Instruct the group to visit each person's poster and write down one positive trait about that person. (Encourage them to read previous entries first before adding their own, to cut down on duplicates.)
- After everyone has visited each poster, they should return to their own to see what was written about them.
- They can take their poster home with them at the end, as a reminder of their unique strengths and what their peers appreciate about them, to revisit during tough times.