



ACTIVITY: 'SHEETS TO THE WIND!'

TIME: 20+ minutes
SIZE: Groups of any size
SPACE: For group/s to form seated circle/s
RESOURCES: One roll of toilet paper per group

The aim is for students to bring to mind and verbalise positive qualities they think they possess.

The result should be an understanding that it is important to your Sense of Self-worth that you think and speak helpfully about yourself.

1. Have groups sit in circle/s.
2. Hand a roll of toilet paper to each group. Every member of the group is to take as many pieces of toilet paper from the roll as they wish. Do not answer questions from students asking for clues about how many they should take! As a result, some may take one sheet, some may take 12 (make sure you set a limit!).
3. Explain that every student must stand up and, for every sheet of toilet paper they have, they must tell the rest of the group an interesting fact about themselves (and must say something positive!). Do not let students fob their stacks of toilet paper onto others!
4. After each interesting fact, the speaker can throw a sheet of toilet paper into the centre until all are gone.
5. Consider that students who have taken multiple sheets may not have to tell all their 'interesting facts' at once. You may allow students to alternate and thus allow more thinking time.
6. The activity finishes when all sheets of toilet paper are on the floor.



DISCUSSION SUGGESTIONS

- What went through your mind when you learned what you had to do regarding your toilet paper sheets? How did you feel? Why do you think you thought and felt that way? If you thought in a negative or critical way, how might you have changed that thinking to alter the way you felt?
- Was it easy or hard to think of interesting things about yourself? What were you thinking as you were speaking? What did you think others were thinking about you? What does this say about how you regard aspects of yourself?
- For those who chose multiple sheets: Did it become easier or harder to think of new things about yourself as the activity progressed? Why was that?
- What do you think now the activity is over? Do you feel differently to how you did at the start? Why might that be?
- What do you think other people might think about you now they know new things about you? Do those thoughts alter who you are?
- What skills have you learned in this activity that you might be able to take out into everyday life?