



Shower of compliments

Aim	To raise the self-esteem of the participants and to find out if they are aware of the positive characteristics others see in them; to boost the team spirit
Duration	At least 15 Min
Number of participants	10 or more
Difficulty	easy
Conditions	The activity is most suitable for groups whose members already know each other a little
Material	Chairs
Preparation	-
Description	<p>One person is seated facing away from the group. One after another, the group members pay this person a compliment, e.g. "What I really like about you is that you always help others."</p> <p>Then it's the next participant's turn. The aim is for all members of the group to receive such a shower of compliments.</p>
Source	Bianca Kracher, Benjamin Hesserer
Link	http://peerbox.at/?p=315