

### **“Lasting impressions”**

#### **Purpose**

To end a session on a positive note, to send everyone away with a tangible memory of their time in the group.

#### **Process**

The group should all stand and be given a piece of thick paper or thin card and a safety pin which they should pin onto the back of one of the other participants. Everyone should then get a pen and over the next 5-10 minutes (time depends on the group size) they must write a complimentary message on the back of each of the others. This can end up quite boisterous as every one tries to catch everyone else!!!

The complimentary message can be about any aspect of the person appearance, personality, characteristics or contribution to the session that has made an impact on the writer which will leave a lasting impression. E.g. “I really admire the way you are prepared to listen so carefully to everyone.” Or “ I like the way you always wear such bright colours, they really suit you and they brighten up everyone’s day!” or “You have a great sense of humour and I have learnt so much from you”

Once each participant has had a chance to write a comment on everyone’s back call a halt, and make sure everyone has their piece of paper removed from their back before leaving. Participants should be given the option of folding their paper and reading it later in privacy or allow a few minutes for people to read over the comments.

#### **Variation**

Put the name of each participant at the top of a sheet of A3 or flipchart paper and stick them on the wall around the room. Each participant starts at a page that does not have their own name on it, and writes a comment as above. Then at a pre -arranged signal (shout out the word “move”?) everyone has to move on to another named sheet. You can make this quite fast by only allowing a very short time for the message to be written. At the end the facilitator should fold the sheets and hand them to the named participant.

#### **Resources**

Pens, paper, safety pins.