

Say something Nice

Purpose

To provide a closure to a session/ course on a positive note. To help individuals to feel good about leaving, to allow participants to recognise and appreciate others in the group.

Process

The group should be seated in a circle and the facilitator should explain that in order to finish off the session it would be good if everyone could pay a compliment to the others in the group. It can be about their involvement in the programme, or a particular facet of their personality, their appearance etc.

They should say the name of the person to receive the compliment and then tell the person something positive as explained above. The facilitator should try to ensure that no one gets left out, and draw the exercise to a close when everyone has received at least one compliment.

