



Breaking the Ceiling

Self-Confidence

Collaborative Activity

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Title	
“The Compliment Fan”	
Objective	The learning objective of the "Compliment Fan" activity is to foster a positive and supportive environment while enhancing communication skills, empathy, and team bonding among participants.
Duration	Depending on the number of participants, around 30-45 minutes.
Materials Needed	<ul style="list-style-type: none"> – Paper – Pens/markers
Instructions	
Introduction (5 minutes)	<p>Welcome participants and explain that the purpose of this activity is to explore the impact of genuine compliments on team dynamics and collaboration.</p> <p>Arrange chairs in a circle, ensuring everyone has a pen and a sheet of blank paper.</p> <p>Instruct participants to fold their paper into a fan shape by folding the top down repeatedly until the entire sheet is folded.</p> <p>Participants write their names on the first fold of their fan papers.</p>
Group Formation	Depending on the group-size, participants will either be split into smaller groups, or the results will be discussed in the big group.
Activity Phase (30 minutes)	
Task Description	<ul style="list-style-type: none"> – Writing Names (5 minutes): Participants write their names on the first fold of their fan papers. – Compliment Exchange (15-20 minutes): Participants pass their fan papers clockwise or to the person next to them. Each person writes a positive compliment or affirmation about the owner of the fan on the next available fold. Repeat this process until everyone has contributed to each fan.
Guidelines	<ul style="list-style-type: none"> – Respect and Sensitivity: Emphasize the importance of sincerity and positivity in compliments. Encourage participants to be respectful and considerate in their remarks. – Inclusive Participation: Ensure everyone has an opportunity to contribute to each fan. Encourage quieter individuals to share compliments and participate actively. – Time Management: Set clear time limits for each stage of the activity to maintain pace. Remind participants to be mindful of time while writing compliments. – Confidentiality: Stress the importance of keeping the compliments confidential and not sharing them outside the activity. Encourage a safe space where participants feel comfortable sharing positive feedback. – Encourage Specificity: Prompt participants to be specific in their compliments rather than using generic phrases. Encourage them to highlight unique qualities or actions. – Provide Examples: Offer examples of positive compliments to guide participants if they're unsure how to start.

	<ul style="list-style-type: none"> – <i>Respect Personal Boundaries:</i> Remind participants to avoid making comments that could be uncomfortable or invasive. Encourage compliments that focus on character, actions, or achievements. – <i>Open Discussion:</i> Foster an open and non-judgmental atmosphere during the reflection and discussion phase. Encourage sharing of personal experiences and emotions in a supportive environment. – <i>Encourage Active Listening:</i> Emphasize the importance of actively listening while compliments are read aloud. Encourage eye contact and engaged body language to show appreciation. <p>These guidelines help maintain a positive, supportive, and respectful environment during the activity, ensuring that participants feel comfortable while engaging in the process of giving and receiving compliments.</p>
Inter-Group Sharing	<p><i>Reading Compliments (5 minutes):</i> Return the fan papers to their original owners. Participants take a few minutes to read through the compliments written on their fans.</p>
Reflection and Discussion (15 minutes)	<ul style="list-style-type: none"> – Facilitate a discussion about how it felt to receive compliments and the impact of positive affirmations on self-esteem and confidence. – Encourage participants to share their thoughts and emotions about the experience.
Conclusion (5 minutes)	<p>Summarize the activity, emphasizing the importance of acknowledging and appreciating positive qualities in oneself and others. Encourage participants to carry this positivity forward in their daily lives.</p>
Assessment Criteria	<p>This activity is not typically assessed. The success is evaluated by the positive impact on participants' self-esteem, confidence, and the supportive atmosphere fostered during the activity.</p> <p>This activity creates a safe space for individuals to receive affirmations, boosting their self-worth and confidence. It reinforces the power of positivity and appreciation, contributing to a supportive and encouraging group dynamic.</p> <p><i>Source: adapted from https://store.totemteam.com/blogs/news/3-group-therapy-activities-for-boosting-self-esteem</i></p>