



Positive spinning



To practise saying positive things about themselves, which combats any internal negativity



10 minutes



None



What to do

- Ask for one volunteer from the group. Get her to stand in the middle of the room, and everyone else to stand in a circle around her.



Sometimes people find it hard to believe positive things about themselves and easier to believe negative things. This 'negativity bias' means we need to work harder to remember positive things about ourselves. By being able to recognise our strengths and skills, we can grow our self-esteem and confidence, and this helps us to feel more capable when dealing with difficult situations."

- Explain to everyone in the circle that they should think of some of their strengths and achievements. To help them you can ask them to think of:

- The strengths in their personality - what they like about themselves.
- What they are proud of themselves for.
- Things they think they do well.

- Remind them that they shouldn't be focused on how they look, as this can put pressure on them and others to look a certain way.

- Now explain to the group that the volunteer in the middle of the circle will put her hand out to point. She needs to close her eyes and she should spin around until you shout 'stop!'.

- Once she has stopped, the person she is pointing to should share one of the things that makes them feel positive about themselves.

- Once that person has said something positive about herself, she should step into the ring to be the spinner. Continue until every girl has said something positive about themselves.



Note: This exercise will only work if the group know each other well and feel safe. Make sure that you check with the Leader about any group dynamics that might be challenging.

