



WHAT YOU WILL NEED:

- Coloured paper to be cut into strips
- Scissors
- Glue or a stapler

Let's cut up some coloured paper strips (approx 3cm width & 20cm length)

Each of us can choose a strip of paper to write on.

Let's write down one strength or positive thing about ourselves and our names on the coloured side of our strip.

If it feels ok, let's read them out to each other.

Using some more coloured strips let's write down one thing we know about a strength of each of the other people in the group as well as the individual's name on each strip.

Everyone can then move around and give the strips they wrote for others to the individuals they are written about.

Using glue or a stapler/s let's make our strips into a series of looped circles. Once we have linked the strips with our names on them, let's link them together with everyone else's to form a group paper chain.

We are all a part of this chain. Our strengths combine when we come together in this group.

What could we do with our group's linked up chain?