


Self-esteem Buzz

 **Step:** Six - Reflect!

 **Time:** 20 min

 **Space and materials:**

- Colourful pieces of paper;
- Colour pens;
- Background music.

 **Description of the tool**

This is the evaluation and farewell activity.

1. Explain to the participants that it is the last meeting, and we all would like to have some nice and tangible memory from the activity.
2. Ask the participant to take a piece of paper, write down their name on it and place it on their back. Then ask them to go around and write down on other participants' backs the things they appreciate the most about this person. Put background music to create a nice and relaxed atmosphere.
3. After everybody has completed writing, allow some time for the participants to read what is in their papers. Give a chance to everybody who would like to address the group.