



Celebrating the gift of ourselves

Suitable for a larger group.

Can take up to an hour (depending on size of group and how much people talk)

Can focus group on the gift we are to each other and a time to affirm each other.

Preparation required

Wrap up a gift eg a box of chocolates – something that can be shared at the end of the session. Use enough layers of wrapping so that each person can unwrap at least one layer. Sellotape or tie each one separately so that to unwrap each is just like unwrapping a gift.

Getting started

Begin by explaining what will happen in the session and that it requires quiet etc. It can begin with some sort of introduction, song, poem etc to help the group get in the mood. Sit in a circle if possible.

Begin yourself by giving the gift to one person in the group, and as you do tell the person one good thing you have experienced in them eg 'When I talk to you I really feel listened to'.

Encourage the receivers to thank the giver.

The first layer is then unwrapped and that person passes on the gift to another person until the last layer is unwrapped and the gift revealed. Ask everyone to keep the layer of unwrapping in front of them so that there is no confusion about who has received the gift and who has yet to.

When the last wrapping has been taken off that is the end. However, if the present (which by now is probably not the main focus of the activity – it is the giving and receiving of affirmation/'warm fuzzies') is something shareable the last person will hopefully take the initiative to pass it around. If they don't, be sure that the group will be very encouraging, if not insistent that the gift is shared.

This is a light-hearted and warming exercise which can be done on its own or in the context of a larger event.