

<i>Place</i>	Indoors/Outdoors
<i>Players</i>	Any Number
<i>Time</i>	10 to 15 Minutes
<i>Energy</i>	Minimal

## *Affirmation Web*

*The Affirmation Web illustrates beautifully that everyone has value, and that we are interrelated with one another. It provides encouraging support to group members individually, as well as to the group corporately.*

### **EQUIPMENT**

- A ball of yarn or string

### **FORMATION**

Have your group sit in a circle on the floor.

### **TO PLAY**

The first person starts with the ball of yarn on the floor in front of her. Keeping a hold of the end, she rolls the ball of yarn to another player, and says something encouraging about that person. Positive personality qualities, something the person is good at, or perhaps something helpful or encouraging that the person has done might be mentioned. That person then keeps a hold of the yarn, and rolls the ball onto someone else, to encourage and affirm them. After everyone has had a turn (or two, if the group is small), have the group stand up, and step back one step, keeping a hold of the yarn. Have them observe how beautiful and intricate the design is, and how it took each person being included to make it so. Ask one or two people to slack their piece of yarn. Notice how the center of the web sags. If one person drops their yarn all together, notice how it effects the whole web. Use this exercise to illustrate to your group the importance of supporting and encouraging one another regularly.