

PAT ON THE BACK*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 20 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Discuss at least 3 ways they feel appreciated by their co-participants.
- ✔ **In This Activity You Will...**
 - Ask participants to go around the room and write a positive word or phrase on each person's piece of paper (15 minutes).
 - Ask for a few volunteers to read their papers (5 minutes).
- ✂ **Materials:**
 - Colored paper with each participant's name printed at the top
 - Water-based markers (so there is no bleed-through)
 - Masking tape
- ✂ **Preparation:**
 - Pre-cut pieces of tape
 - Prep papers with client names.

Instructions

1. The facilitator explains that this is an exercise to honor one other. Using the water-based markers, all are to mill around the room, writing positive, supportive statements on the backs of as many people as possible in 15 minutes. **WARN** about light colored shirts. Emphasize that only nice comments are being requested.
2. Participants are asked to conserve space by writing small (but legibly).
3. Make sure that sheets are also signed for absent participants.
4. After 15 minutes, participants should read their sheets.
5. Ask if anyone would like to share what was written on their sheets. Give several participants the opportunity to volunteer.
6. Ask participants their feelings about doing this exercise.

Summary

- Wrap up session.
- Remind peers how much they are appreciated, and that they should make sure to value themselves.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.