

# Description

This activity can go on for a short period of time or it can continue over a long period of time. Each person in the group puts his/her name on an envelope, punches a hole in the corner and threads it through the string.

Attach the rope or heavy duty string (that is threaded with the envelopes) along a wall or between two chairs so that the middle section with all of the envelopes on it is hanging free.

Provide a stack of 3x5 cards and pens or pencils for the group members to use at any time. Inform everyone that whenever they have free time they may use the cards to write a nice note or comment to anyone else in the group on one of the cards and then put the note into that person's envelope.

## Description

Encourage the group to write positive notes to as many people as they can. At a designated time allow everyone to read their "love line" notes. Or whenever a group member leaves the group s/he may take his/her envelope and read the notes in it as a way to leave the group on a positive note.

## WORKSHEET #6

# Objectives

To communicate feelings and to improve the self-esteem of others. Who People

## WHO

have low self-esteem. Group members should be familiar with each other.

GROUP SIZE  
4 or more

# Discussion Prompts

1. How do you feel after reading all of the notes that you have been given?
2. How did you feel when writing nice notes to other people?
3. Why is it important to be able to accept and to give compliments?

## VARIATION

Ask each person to write one note for everyone in the group.

The 

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TOOLKIT

BY EMOJAR