

5-20
mins

SWAPPING AFFIRMATIONS

Keep it fun!

A lovely activity to do with someone you care about. Taking the time to reflect on what you like about each other, and show some appreciation for one another's qualities.

To start:

You both write down three words you'd use to describe the other person (whatever comes to mind)

Then:

- Ask them whether they'd like to swap one word at a time, or all three at once
- Ask them who should go first
- Swap the three words with your reasons behind them.
- If needed, ask them 'why that word?'
- At the end, you can ask 'what do you make of the words I've used?'



that conversations activity