

\* **TALKING BEHIND YOUR BACK** –

*A get-to-know-you-better activity that is affirming as much as it is energising*

**AT A GLANCE**

Individuals mingle about an area with an index card taped to their back, inviting others to write positive comments on the card.

**WHAT YOU NEED**

Large index card, and a pen for each person  
Sticky-tape  
5 – 10 mins

**WHAT TO DO**

Here's a great energiser that is not only quick and fun, but great for groups who already know a lot about each other.

Distribute a large index card and a pen to each person, and ask them to write their name on the top of the card. Using a slip of sticky-tape, and possibly the help of a friend, fix the card to its owner's back. You could use

a sheet of paper, but I have often found that it's not quite thick enough to prevent the occasional pen from penetrating the paper, and therefore the clothing behind it.

Ask your group to mingle about the area armed with pens. Their mission is to approach as many people as possible in the time allotted and write a short remark or comment on their cards. It should go without saying, but you often have to – the remarks should aim to be life-affirming and positive. Funny is okay, so long as the recipient would laugh along too.

Time's up. Remove all of the cards, and either invite each person to read the comments, or better still – lay all of the cards out on the floor or a table, and allow the group to browse them. People will quickly appreciate how others feel about them, a wonderfully affirming experience.



**Variations**

- Before the cards are removed, ask each person to ruminant out loud what they think may have been written on their cards. This is an awesome challenge for some folks, so a personal favourite.
- Original format, but this time, stick the index card on backwards so the name does not show. Then before their owners get to see them, someone (often the leader) removes all of the cards, shuffles them, and lays them out for everyone to view (owner's names face-down). The object is for each person to guess which card is theirs. – Good for family reunions.