

Affirmations

Activities to Build Trust

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVE

- To connect inspirational statements and quotes to the group's chosen values

MATERIALS

- Access to a projector and music speakers
- Index cards
- Sharpies
- Download **WRITING STRONG AFFIRMATIONS HANDOUT** from **BUILDING INTENTIONAL COMMUNITIES.COM** and make one copy per participant

SETUP

- Prior to the session, do an Internet search for video of "Water, Consciousness & Intent + Dr. Masaru Emoto." You should find many options to choose from. Dr. Emoto's research shows how water crystals transform when you say positive or negative words. Pre-watch your chosen video to ensure it is appropriate for your participants.
- Alternatively, search the Internet for "Emoto's Water Experiment" and download pictures of water crystals to show participants.

INSTRUCTIONS

1. **Ask** participants: **Do you think positive or negative words can have a physical impact on us?**
2. **Explain** that a **Japanese researcher named Masaru Emoto conducted a series of experiments to study the impact positive words or negative words have on the human body. He used special technology to photograph water crystals, which are the molecules that make up water, in three different cups. He said positive words to one cup of water, negative words to another cup, and completely ignored the third. (Note: You can tailor this explanation to match the video/pictures you will show.) We will now see what he discovered.**
3. **Show** participants the video/photographs.
4. **Ask** the group:
 - **What do you notice about these pictures?**
 - **What was the impact of positive words?**
 - **What was the impact of negative words?**
 - **Our human bodies are 75 percent water. What do you**

CONTINUED



Affirmations continued

think happens in our bodies when people say positive or negative things to us?

5. **Explain** to the group that **words are powerful and our thoughts are powerful because they represent the things we say to ourselves.** The group will now develop a **set of "affirmations"** or positive thoughts to help them stay motivated to practice their group values. Moving forward, the group will **select an affirmation to read aloud** at the start of a session and either take a quiet moment to **contemplate** the affirmation, **write** a journal entry, or **simply set an intention** to be inspired by this affirmation throughout the session.
6. **Distribute** the handout Writing Strong Affirmations to each group.
7. **Walk** the group through the

process, using the example provided, or develop your own.

8. Work as a large group to **develop a list of affirmations** for each value.
9. Alternatively, have participants get into **groups of three** to **develop affirmations inspired by their value.** Ask each group to **select** one of the group's collective values (or assign one value to each group).
10. Have each participant **select their favorite affirmation** from the brainstormed list and **write it on an index card. Decorate** them using the Sharpies. (*It is okay if you have multiple versions of the same affirmation.*)
11. **Collect the affirmation cards** and **place** them on an "altar" at the front of the class. **Draw one affirmation each day** to set a positive intention for the session.

DEBRIEF

- **How can positive words impact a group?**
- **What are some ways the affirmations will help us create positivity?**
- **Which affirmation is your favorite?**