

# "IT'S GOOD TO BE ME" GAME



## Purpose:

- Encourages development of communication skills.
- Helps develop confidence.
- Encourages us to recognise the good qualities in others and ourselves, thus developing a healthier self-esteem.
- The better we feel about ourselves and the more we acknowledge our own wonderful qualities, the happier and more loving we will be, and the more our creative energy will flow.

## Requirements:

- "It's Good To Be Me" cards (you'll need to laminate these).
- **Alternative:** "St Lukes Strength Cards" (see '*Resources*') could be used as an alternative, following their suggestions for use.

## Format:

- Sit on the floor in a circle.
- Cards are turned upside down in a pile, in the middle of the circle.
- First person takes a card and reads aloud to the group. Returns the card to the bottom of the pile.
- Second person takes a new card and reads aloud to the group, returning the card to the bottom of the pile.
- Go around the circle until everyone has had a turn and then repeat once.
- Have enough cards so that everyone has two opportunities.

