



Paper Activity #2

This is an activity that anyone can do to feel inspired and empowered.

- 1.** Distribute a piece of paper to each participant

- 2.** Tell participants to write down on the paper all of the things that they feel are holding them back, bringing them down, or causing them stress. Specifically things that they have no time for such as bullying (give a couple of minutes)

- 3.** Allow participants the opportunity to share what they have written down if they are comfortable doing so (give a couple of minutes)

- 4.** Tell participants to picture what their life would be like without these things that they have written down. Remind them that they can overcome most things that are temporarily holding them back, there is help and support, and they have so much potential. They are enough, worthy, and loved. For things that are harder to overcome, the more we work together to stand up to injustice, the closer we are to making positive change. We need to stand up and stand together to make the world a kind, safe, and inclusive place

- 5.** Ask participants to destroy their paper while thinking about how they can overcome these barriers (give a minute or so)

- 6.** Wrap up by summarizing that we have no time for bullying, stigma, the negative, etc. and remind everyone to be themselves, follow their dreams, and never give up.