

## Ribbon Activity

Colour group activity suggestions - Julie Thomson <http://www.thebutterflyfoundation.org.au> April 2008

Around the room [to spread people out a bit] place each ribbon colour with a label of the characteristics. Offer group members the chance to give an appropriate ribbon to someone else they have noticed, appreciate, want to compliment (etc) and to tell them why they have chosen that colour. The group members will mill around the room.

Hint: always have more ribbons than you think you'll need, as this really takes the group's imagination

Remind the recipients of the ribbons accept the compliment and say thankyou. Sometimes we have to learn that we can and should accept a compliment!

Cloth ribbon is great but expensive. I used curling ribbon – much cheaper. I allowed 45cm per piece. Dawn

### WHITE

Peaceful  
Calm  
Supportive  
Bright

### BROWN

Outdoorsy  
Earthy  
Supportive  
Nurturing

### RED

Passionate  
Bold  
Outgoing  
Warm

### BLUE

Calm  
Serene  
Peaceful  
Caring

### PINK

Sweet  
Caring  
Friendly  
Bubbly

### YELLOW

Sunny  
Bright  
Helpful  
Enthusiastic

### GREEN

Outdoorsy  
Caring  
Kind  
Friendly

WHITE

Peaceful

Calm

Supportive

Bright

**RED**

**Passionate**

**Bold**

**Outgoing**

**Warm**

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