

Children's Connection Curriculum

Session Topic: Self-Esteem (Positive Chains)

Developmental Level: Elementary and Middle School

Purpose: For students to realize how situations, people, choices, etc. are connected throughout their lives.

Materials Needed: Positive Chains worksheet, 1 inch strips of paper, pen/marker/pencil, and stapler

Description of Session: Provide a worksheet for each student. Have them fill out the worksheet and review the questions they answered as a group. Provide several strips of paper to the students and encourage them to write down on each strip a positive thing that has happened in their life, a positive person, special memory, etc. Students can also write down positive things they have done for someone else. Have the students staple them together to make a linking paper chain. Students can be challenged to see if they can create a linked paper chain as tall as them.

Discussion Questions: Have them share what they wrote on some of their links with the group. Talk with students about all the positive things they have had happen in their life, whether it was something done to them or something they have done to others. Help students see that positive memories can be linked together to create a long chain of positive situations.

Reference: Positive Chains *****, Children's Connection Counselors