

Children's Connection Curriculum

Session Topic: I love me Heart Craft (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To help students share about the things they love about themselves.

Materials Needed: Two paper plates for each child, scissors, pen/pencils/markers, string, and tape

Description of Session: Have students cut out two hearts of the same size out of the paper plates. (Have them fold the paper plates and draw a half of heart and then cut) On one heart, cut down the middle half way starting at the top. On the other heart, cut down the middle half way starting at the bottom. The hearts should then slide together with the cut parts together to create a 3D heart. Have student draw or write things on each of the side things they like about themselves. Encourage them to think about talents they have, things they are good at, etc. Encourage other students in the group to share about other students' talents and things they do well. Attach a string at the top so they can be hung.

*This is a good activity to be done around Valentine's Day in February.

Discussion Questions:

1. What things do you like about yourself?
2. Has anyone ever told you about any talents you have?
3. What does it feel like when you read over all the great things about you?
4. How does it feel when other students share great things about you?

Reference: Children's Connection Counselors