

Children's Connection Curriculum

Session Topic: I have a Dream (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To encourage students to create dreams and goals for their future

Materials Needed: "I have a dream" worksheet, pens/pencils/markers

Description of Session: Talk with students about dreams and goals. Share with them about what a dream and goal is and how they can be big or little, provide examples. Provide the "I have a dream" worksheet and have them draw a picture of their dream and then answer the questions that follow. Encourage students to share their dreams with the group.

*This could be done at the beginning of the year and then saved and reviewed at the end of the year to see if their dreams and goals are still the same or have changed.

Discussion Questions:

1. What are dreams and goals?
2. What is a short term dream or goal? What is long term dream or goal?
3. Why is it important to have dreams and goals?
4. Have you met any of your dreams and goals before?
5. Do you know of anyone else in your family that has dreams and goals?
6. Do you think your dreams and goals will change throughout the year? From year to year?

Reference: Children's Connection Counselors