

Children's Connection Curriculum

Session Topic: Self Esteem (Feelings Role Play)

Developmental Level: Middle School

Purpose: Help children identify what makes them happy, sad, angry, etc... Will encourage children to recognize and identify these feelings as they arise. Have children use their voices and body language to demonstrate the various feelings.

Materials: "Feelings Checklist" handout, Paper, Markers, Pencils, Phone or other source to play music

Description of Session: Have soothing music playing as children arrive. Take a few minutes to sit quietly and listen to the music. Pass out the Feelings Checklist to each child. Ask students to look through the list and see the feelings they have and the degree to which they experience each. Talk to the children about different experiences that have made them feel like each of the feelings on the list. Have the children use their voices and body language to express the different feelings. A role playing situation can be used to represent different feelings, or, have children draw cards with different situations on them, have the child act out the feeling/situation on the card. (Example, You spilled soup all over yourself in the cafeteria....This makes you feel embarrassed that you messed up your clothes, or, This makes you feel angry that the cafeteria worker filled your bowl so full, etc...) Use body language and voices to play out the scenario.

Discussion Questions:

1. Have children discuss alternative ways to handle the scenarios
2. How the role playing activity can help in future situations
3. Help children recognize and process any feeling discoveries they may have had

Reference: Children's Connection Counselor