

Children's Connection Curriculum

Session Topic: You're a Star (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To increase self-esteem in group members through affirmations.

Materials Needed: Star Worksheet, pens/pencils/markers

Description of Session: Talk with students about what is an affirmation. Provide examples. Discuss how someone may feel when they receive affirmations. Discuss what it means to be anonymous. Explain to students how everyone is going to get a paper with a star and they need to put their name at the top of the paper. The papers will then be passed around to other group members and each group member will write something nice or kind about the person whose paper they have. Once the affirmation is completed, have students pass the paper to the next person until everyone has a chance to write on each other's papers. Provide time for students to read over all the affirmations they have just received and discuss how they feel. Encourage them to give affirmations to others throughout their day to help them feel good about themselves.

Discussion Questions:

1. What is an affirmation?
2. Have you ever been given an affirmation? By who?
3. How did you feel when you received this affirmation?
4. Why is it important to give affirmations to others?

Reference: Children's Connection Counselors