

Children's Connection Curriculum

**Session Topic:** Self-Esteem (Nature Imagery)

**Developmental Level:** Elementary and Middle School

**Purpose:** Create a break from the day to day and imagine yourself someplace different using creative ways to share a story.

**Materials Needed:** Pictures of Nature scenes from old calendars or magazine, paper, pencils to write the story if they want.

**Description of Session:** Talk with students about how things can be stressful throughout a day and by taking some time to reflect and imagine yourself somewhere else can help you to feel better and more relaxed. Have students pick out a picture that speaks to them and have them create a story from the picture that they chose. Have them then write the story down and/or share it with the group.

**Discussion Questions:**

1. What made you pick this picture?
2. Tell me what you liked about this picture?
3. Tell me the story that you wrote about this picture?

**Reference:** Children's Connection Counselors