

Children’s Connection Curriculum

Session Topic: Self-Esteem – Encouragement, Hope, Feelings (“I Like Me!”)

Developmental Level: Elementary or Middle School

Purpose: To help children identify things that are valuable about themselves; to teach children that is who they are, not what they do, that is important; to reinforce what children like about themselves.

Materials Needed: “I like Me” handout, Accompanying book Just Because I Am by Lauren Murphy Payne, M.S.W. , Paper, Decorations: crayons, paints, markers, glitter, glue, sequins, feathers, buttons, photos, magazine cutouts, tape, etc.

Description of Session: Read part or the entire book Just Because I Am prior to the activity. Have each child make a banner to celebrate his or her uniqueness. The children can decorate their banner with words, symbols, pictures – whatever they choose.

Discussion Questions:

1. Ask the children, “What do you like about yourself?” Reinforce what they say.
2. Ask each child to explain to the group what is represented by the pictures, words, or symbols on his or her banner.
3. Ask, “What does the word *unique* mean? How is each person here unique?”

Reference: A Leader’s Guide to Just Because I Am by Lauren Payne, M.S.W., and Claudia Rohling, M.S.W., p. 5-6