

Children's Connection Curriculum

Session Topic: If I had a magic wand (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To encourage student to create dreams, goals, new years resolutions.

Materials Needed: "If I had a magic wand" worksheet, pens/pencils/markers

Description of Session: Talk with students about dreams, goals, and resolutions. Share with students some examples of dreams, goals, and resolutions. Talk about change and how it can be a good thing and help someone to learn and grow something different. Present the worksheet and have students draw or write a dream, goal, or resolution they have. Talk about if they could change anything that they wanted, what would they change. What things do they need to do to make their dreams, goals, or resolutions come true. Have students present their paper to the group and discuss what was shared.

*This could be done at the beginning of the year and then saved and reviewed at the end of the year.

*This could be done around New Years as a resolution.

* This could be done at the end of the year to discuss goals they have for the summer months.

Discussion Questions:

1. What is a dream, goal, or resolution?
2. Have you ever had a dream, goal, or resolution met?
3. What is it important to have dreams, goals, and resolutions?
4. What would they change about their lives if they could?
5. Discuss their provided answers.

Reference: Children's Connection Counselors