

## Children's Connection Curriculum

**Session Topic:** Self-Esteem – Feelings; Social Skills/Interactions – Peer/Peer, Peer/Adult (Creative Cookies)

**Developmental Level:** Elementary or Middle School

**Purpose:** To recognize how each person is unique, special, and different from everyone else; to explore feelings about giving a part of yourself to someone else through personal sharing and being left vulnerable.

**Materials Needed:** Pre-made sugar cookies in different shapes, Different colors of frosting, A variety of cookie-decorating items (e.g. sprinkles, candy, frosting tubes), Spreading knives, Plastic wrap

**Description of Session:** Spread out all of the cookie decorating supplies on a table and allow each person to select two of the cookies. Ask participants to decorate one cookie in a way that is representative of how they are feeling by selecting colors of frosting, types of candy, specific cookie shape, designs, etc. and to save this cookie. The other cookie is for eating and can be decorated any way they wish.

Once everyone has completed making their cookies, ask them to show their cookies to the group and to explain how the cookie is representative of how they are feeling. Have each person wrap her/his cookie in plastic wrap and then ask them to give their cookie to someone who they feel they can trust with their feelings. (This person may or may not be a member of the group.) Challenge them to tell that person what their cookie means and to tell them why they chose that person to give it to.

If possible, at a later meeting, allow time for people to share with the group who they gave their cookie to, what happened, and how they felt.

### **Discussion Questions:**

1. Will it be difficult for you to give your cookie away? Why or why not?
2. Do you ever have difficulty sharing your feelings with others or opening up to others? Why do you think this is?
3. Do you wish people close to you would be more open about how they feel? If not, why? If so, who and why?

Reference: 104 Activities That Build by Alanna Jones, p. 166-167