

Children's Connection Curriculum

Session Topic: Self-Esteem (What I Like About Me Pinwheel)

Developmental Level: Elementary

Purpose: To help children remember that they have many positive qualities in many different areas of their life and to encourage them to be proud of those qualities.

Materials Needed:

- Pinwheel (see below)
- Coloring Utensils (8 colors per child)

Description of Session:

1. Print out enough pinwheels for each child to have one.
2. Ask the children to choose 8 different colors to use for their project.
3. In the middle of the circle on the pinwheel, ask children to write "What I Like About Me!" using any one or combination of their colors.
4. Instruct the children to use 1 color per line to write something they like about themselves, a different thing on each of the 8 lines. Encourage the children to be broad about the category they put on their line, as they will go into more detail in the empty space between the lines. Here are some examples:
 - a. Athletic
 - b. Smart
 - c. Kind
5. Now, instruct the children to go into more detail about what they wrote on the lines. For example, if I write "Smart" on the first line in blue, I now use my blue crayon to write more detailed things about what makes me smart in the empty space right after the blue line, for example:
 - a. Good reader
 - b. Get As in school
 - c. Good at math & science
 - d. Good at writing
 - e. Really good problem solver

6. Repeat this for each of the 8 lines, switching colors to make sure that the color of the broad category on the line matches the more specific details in the empty space
7. At the end, children should have a 8-section colored pinwheel
8. If the children are comfortable, allow them to share what they wrote about themselves in their pinwheel.

Discussion Questions:

1. How did it feel trying to come up with things that you like about yourself?
2. Is it harder to say the things you like about yourself than it is to tell others what you like about them?
3. What's the difference between being confident in who you are and bragging about how great you are? Which one do you think is better?
4. Is it OK to think that you're good at something? Why or why not?
5. What is something that you'd add to the pinwheel of another student in our group?
6. If someone tries to bring you down or say something mean to you, what can you do to remember that you have all of these positive qualities?