

Children's Connection Curriculum

Session Topic: Self-Esteem – Encouragement, Feelings (Trait Tracing)

Developmental Level: Elementary

Purpose: To help people recognize how they are different from other people; to help people discover how this awareness can help them define their unique qualities and develop self-esteem.

Materials Needed: Paper, Pens or pencils

Description of Session: Challenge everyone in the group to find traits in each other that are different from their own. Ask everyone to take a piece of paper and pen or pencil and to make a list of his or her own unique traits.

Give the group a time limit (based on how many people are in the group) and ask them to go around and talk to each other. Each person must write down on the piece of paper as many traits from other people in the group as he or she can find that are different from his or her own unique traits. The person with the longest list at the end of the time limit wins.

Discussion Questions:

1. Why is it important to find traits in each other that are different and unique?
2. What would life be like if we were all exactly the same?
3. How can you use your unique traits to build on and improve your self-esteem?

Reference: 104 Activities That Build by Alanna Jones, p. 112-113