

Children's Connection Curriculum

**Session Topic:** Self-Esteem – Feelings, Encouragement (Book About Me)

**Developmental Level:** Elementary School

**Purpose:** For people to think about their own lives and to share their thoughts with others.

**Materials Needed:** Paper, Pens or pencils, Colored markers, crayons, colored pencils, etc., Tape, staples, or hole punch and yarn

**Description of Session:** Supply the group with paper, drawing, and writing supplies, and ask them to create a "Book About Me". Give them the following list as a guideline for the book, with each topic on its own page. Each page may contain pictures, words, or anything else. After everyone has finished, put the pages together in the form of a book with tape or staples. Alternatively, punch holes in the side of each page and bind them together with pieces of yarn. Allow time for sharing.

Book Topics

1. What I look like
2. Things I do well
3. My favorite foods
4. What my family looks like
5. My favorite place to go on vacation or a trip
6. What I am most proud of
7. My favorite thing to do on a rainy day
8. My favorite things to do with my family
9. Things that make me sad
10. Things that make me happy

**Discussion Questions:**

Discuss each book after the student has shared it, with questions such as:

1. In what ways is each of us unique?
2. What ways are we similar?
3. How do you feel when sharing your thoughts and feelings through your book? Was it hard or easy? Why?
4. Is there anyone you trust outside the group with whom you would like to share your book?

**Reference:** 104 Activities That Build by Alanna Jones, p.178-179