

Children's Connection Curriculum

Session Topic: Self-Esteem (Six Word Memoir)

Developmental Level: Middle School

Purpose: The students will do activities that will help them describe themselves to their fellow group members in succinctly 6 words.

Materials Needed: "Six word Memoir" handout (1 per child), pencils/pens

Description of Session:

1. Introduce the idea of a 6 word memoir (Ernest Hemingway's: *For Sale. Baby Shoes. Never Worn*). Discuss what could be the meaning behind Hemingway's memoir.
2. Read some of the examples.
 - I can't is not an option
 - Be kind to animals and people
 - I just go with the flow
 - Beautiful, funny, red-haired viola player
 - Life can be an amazing ride
 - Who is always by your side?
 - You're beautiful no matter others' opinions
 - Inspiration is the very best creation
 - Find joy to end the pain
 - There is no one like you
 - Don't think just laugh a lot
 - Inspire others with just a smile
3. Pass out the "Six word Memoir" handout. Give them about 10-15 minutes to complete and come up with their 6 words.
4. Give each student a chance to present their six words and explain why they chose them.
5. If there is extra time, provide paper and markers and allow the students to design their 6 words in a unique way to present to the class as well.

Discussion Questions:

1. What was the most difficult thing about narrowing down your memoir to 6 words?
2. Was there anything that surprised you about someone else's 6 words?

Reference: <https://www.bloglovin.com/blogs/middle-school-counselor-8481603/whats-your-6-word-memoir-2212188329>