

Children's Connection Curriculum

Session Topic: Self-Esteem – Feelings, Encouragement, Future Goals (Curious Cube)

Developmental Level: Elementary School

Purpose: For people to think about and to share verbally with others about their own lives and for them to recognize many of the positive attributes that they possess.

Materials Needed: Construction paper, Tape, Magazines, Scissors, Colored markers, crayons, or colored pencils, Glue, Print out of Cube Template (optional)

Description of Session: Have each participant create a cube out of the construction paper by cutting it in half the long way, folding each half into three sections, and taping the sections to each other to form a cube (or print out cube template). After each person has created a cube, instruct them to decorate each of the six sides with different pictures that are drawn or cut out of magazines and words that describe things about their life. As a guideline for the cube, use the six following items to be covered (one for each side):

1. Things you are good at doing
2. Future dreams / plans
3. About your family
4. How you feel right now
5. Accomplishments you are proud of in your own life
6. What you like about yourself

Allow time for sharing after everyone is finished.

Discussion Questions:

1. How do you feel sharing your thoughts, feelings, and goals with other group members? Was it easy or hard? Why?
2. Is there anyone else you trust with whom you would like to share your cube?

Reference: 104 Activities That Build by Alanna Jones, p. 180-181