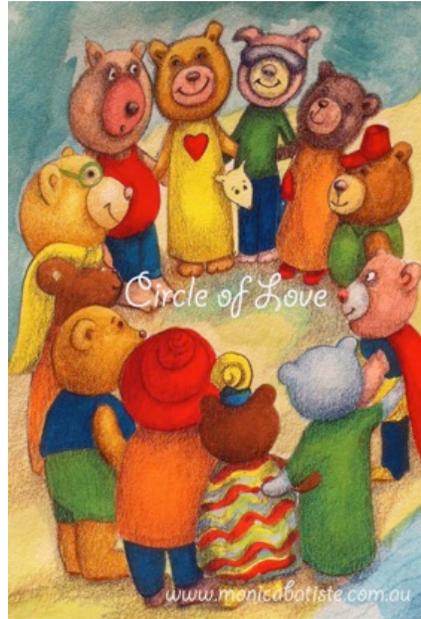


Loving Kind Peaceful Friendly Caring



This week we will focus on activities that build self-esteem, to help children build the resilience and strength to stand up for themselves and each other.

Activity I see you

Building self-esteem in each other.

Pair children into friends (opportunity to create new friendships too) and give each child a card or paper. Ask them to write the name of their friend, and one virtue their friend has demonstrated.

Decorate the card or paper with pencils, paint, textas, stamps, feathers, ink, shapes, and whatever is available. After the activity, each child does a short presentation on their friend, and how they've exhibited this virtue. The card can be added to the virtues wall, and sent home with the child at the end of the week or semester.

Activity *My virtues*

Building self-esteem in self



Help your child create a book based on his or her virtues. Use a sketch book or sheets of paper stapled together.

On the front cover the child draws a picture of his or her self, writes their name, and titles it '*All about Me*'

Do one page per session. Suggested titles for each session are:

1. All About me
2. What I like to do?
3. Who do I love?
4. My pet
5. My family
6. My sports
7. My favourite friends
8. A favourite holiday
9. Something I like
10. Something in nature I like

For maximum positive impact allow each session to be complete unto itself.

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Session one; the child draws his or her portrait on the title page using their favourite colours, textas, pencils or paint (depending on what is feasible or available).

After, the class gathers with their portraits, and the adult guides the class to talk about each portrait individually, inviting children to offer the virtues they see in each portrait. Example 'I see your creativity,' and 'I like your use of colour' and 'you look like fun' and 'that line is very curly and it makes me happy.' The class is instructed to keep all comments positive. Each positive comment and virtue is written (try using different colours) onto the page, around the portrait, either by the child or an adult.

At close, invite children to take deep breaths and feel grateful for their virtues.

End session one

From session two and onwards - select another title and repeat the process.

At the end of the 10 sessions, parents can be invited into the classroom for a celebration of self-esteem. The parents read their child's book and goes through its magnificence with the children. This will be another uplifting joyful experience for everyone.

Virtues



The outcome of each session will be upliftment, joy, higher self-esteem, positive expectation, happiness, friendship, and unity amongst the class.

Acknowledgement supports the growth of emotional intelligence, including self-esteem, self-awareness, self-love and self-belief.



About Monica Batiste

Monica is an author, artist and yoga teacher. She is passionate about personal development and believes emotional intelligence is *the key* to helping you create a happy and successful life; whatever that means for you.

She is the author of several books on emotional intelligence and yoga, which can be viewed from her website.

She lives in North Brisbane with her lovely husband Andreas, and between them they have four beautiful daughters, and seven awesome grandchildren.

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