

# SELF ESTEEM INSTANT MEETING AGES: 5-6

**Goal:** To build security in the children's interests by celebrating their individuality.

**Program Areas Covered:**  
Being Me

**Preparation Time:**  
Approximately 30 minutes

## OPENING

- Open your meeting by learning a new song as a group. The "Special Sparks" song goes to the tune of "I'm A Little Tea Pot." You can find the words on page 4. Do the actions that go along with it to make it even more fun!

This song will get the kids thinking about how they see themselves.

## ACTIVITIES

### MY FAVORITE THINGS COLOURING SHEET

#### Materials:

- My Favorite Things colouring sheets (pg. 5)
- Crayons, pencil crayons, or markers

**1** While everyone is thinking about what makes them different than the rest of the group, have them make a self-portrait.

**2** Give each of the kids a copy of the colouring sheet. They should fill it in to make it look like themselves. What colour are their eyes? Is their hair long or short, curly or straight? Don't forget things like freckles and glasses! Don't forget to pick out your favorite shirt for the picture, too!

**3** Once they've coloured in their faces, it's time to work on the background. Put in things like your pet, your favorite season, or your favorite sport!

## **SIMON SAYS, "THIS IS ME!"**

### **Materials:**

- Simon Says, "This is me" game pieces (pg. 6–7)
- A hat or bowl

*Note: Before playing the game, cut out the game pieces. Fold each one in half and put them in a hat or bowl.*

**1** When you are ready to play, choose a child at random to pull a card out of the hat. They will then ask, "Simon says (action) if you have/like (card). Each of them should say "Simon says" when they pull out a card because the aim of the game is to see what they have in common and what sets them apart from their friends.

**2** For example, if one person pulls out the card that says "Sister," they might ask: "Simon says jump up and down if you have a sister!" Everyone who has a sister will jump. If the next player pulls out the card that says "Blue," they might ask: "Simon says clap your hands if the colour blue is your favorite colour."

**3** You should not feel restricted to the cards. Encourage the kids to come up with their own ideas for questions based on their own interests. "Simon says wave your arms if your favorite food is macaroni!" "Simon says run in a circle if you like to watch Dora the Explorer."

## **HIGH-FIVE SHOW-DOWN**

### **Materials:**

- A hat
- Paper strips

**1** Have the group stand in a circle facing each other. There should be enough room for each player to hold their hands out and not touch their neighbour. Write each child's name on a piece of paper and put it in a hat.

**2** When you are ready to begin, a leader will draw a name out of the hat. Rather than read the name out loud, the leader will describe the person. Identify things that everyone in the group will know about this person. Physical traits, like hair and eye colour or missing teeth, are a good place to start. Point out other things about this person, like a well-known sibling or pet, or a new badge if they just earned one.

**3** As the leader draws the name, the players should be standing with their arms out and raised at a 45 degree angle. They will be listening to the leader's description and looking at their friends to try and guess who it is.

*Continued on next page...*

*High-Five-Show-Down continued...*

**4** The goal of the game is to guess whose name was drawn from the hat. As they figure out who is being described, players can walk up and give that person a high-five. Because there is no scoring in this game, it doesn't matter who high-fives the player first or if someone guesses wrong.

**5** Encourage all of the players to make a guess for each round and to high-five the player whose name is picked once it is announced. After each round, ask the player who gave the first high-five how they knew whose name was drawn.

**6** Play this game until everyone's name has been drawn once.

## **CLOSING**

- End with your usual closing.

# Special Sparks

Set to the tune of "I'm a Little Tea Pot"



I'm a Spark named (say name)

(Point to yourself using both hands)

Hear me shout!

(Cup hands around your mouth)



I help my friends I like to share

(Put right hand on your hip)

(Put left hand on your hip)

(Put hands over your heart)

(Throw your hands up)



There are lots of things that make me me

(Bring your hands down slowly, wiggling your fingers)

(Point to self with right hand)

(Point to self with left hand)

(Both to self with both hands)



'Cause I am special and I'm unique

(Throw your hands up)

(Wrap right arm around yourself)

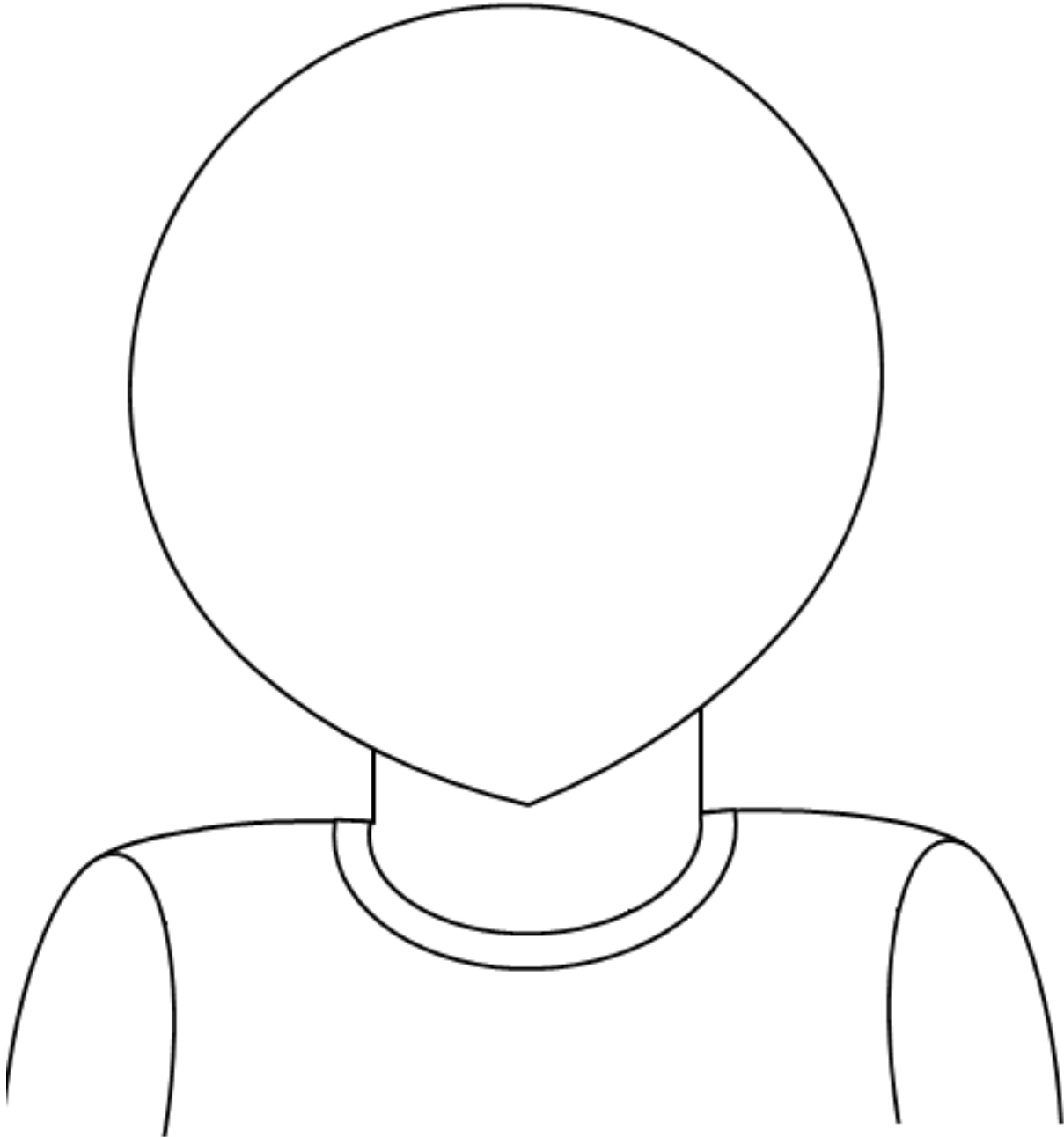
(Wrap left arm around yourself)

(Sway side to side in a hugging motion)

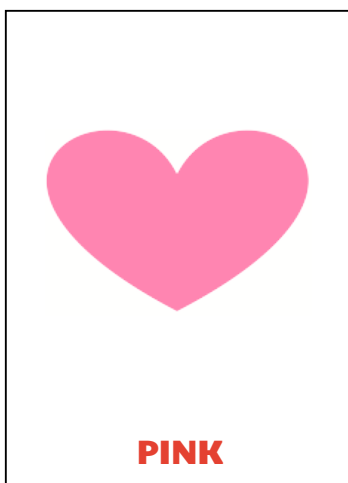
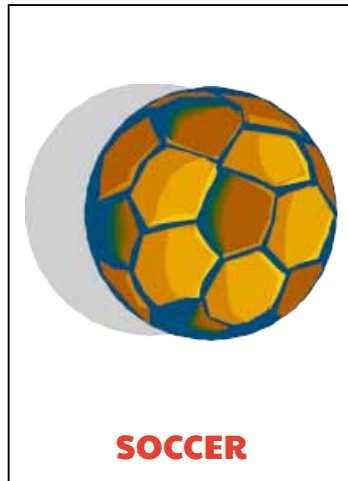
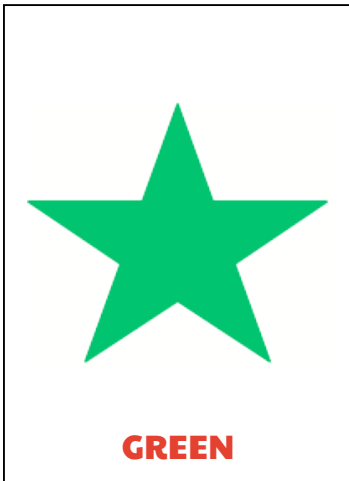
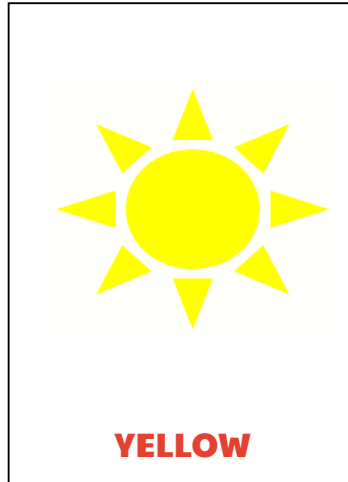
**MY FAVORITE  
THINGS  
COLOURING  
SHEET**

**NAME:** \_\_\_\_\_

Make this person look like you! Fill the background with your favorite season, animals, and people!



**SIMON SAYS,  
"THIS IS ME!"  
GAME PIECES**



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