

# SELF ESTEEM

## INSTANT MEETING

### AGES: 7-8

**Goal:** To build self-esteem and self-confidence by learning new ways to help others and trust friends, and to celebrate the unique qualities that make everyone an individual.

**Program Areas Covered:**  
Key to Me, Being a Friend, Who am I?

**Preparation Time:**  
30 minutes

### OPENING

- Enjoy your usual opening.

### ACTIVITIES:

#### MY NAME

#### Materials

- Construction Paper
- Markers

For this craft, the group will reflect on what makes them unique by breaking down their name into phrases that describe them.

**1** On a piece of construction paper, have each person write their name vertically down the left-hand side of the paper. Use the first letter to start the phrases or words.

**2** Decorate the page to show other things you like!

**3** Share the messages with the group.

**A**mazing at soccer

**M**usic lover

**Y**ellow is my favorite color

**L**oves dogs

**E**xcellent cook

**E**nergetic and fun!

**L**ovely singing voice

**O**nly person I know who plays violin

**R**eally good at science

**I**nvincible

## **BLIND FIND**

### **Materials:**

- Blindfolds
- Boxes, jackets, pylons, or other obstacles
- Small toys to use as markers

For this game, the group will learn how to work with their friends by guiding them through a maze of obstacles. They will build self-esteem by helping their friends succeed and being part of a team.

**1** Before you can play the game, you have to set up your course. Do this by scattering jackets, boxes, or pylons around the playing space. These will act as obstacles which the players will have to avoid through the game.

**2** Use your space to your advantage when setting up the course by utilizing tables, chairs, and rugs as obstacles. A carpet could become a river that can only be crossed at a bridge marked with scarves. Build a wall of chairs with only one opening. Set up a table that has to be crawled under. Have a minefield where players have to avoid knocking over pylons. The obstacles should be randomly scattered around the play area with enough room to move easily from one to the other.

**3** Divide the group into teams of two or three players. Give each team a marker, like a small toy. Each of the players will have a turn to be blindfolded and guided through the obstacle course by their friends.

**4** Once the player has their blindfold on, the other group members will hide their marker. The blindfolded player has to find it with her friends help. They will help her make her way through the obstacles safely by using vocal instructions telling them where to move to make it past the barriers.

**5** If the players are having difficulty using only vocal instructions, they can also use their hands to guide them along.

## **CONFIDENT SEEDS**

### **Materials:**

- Toilet paper rolls (optional)

In this game, the group will make a lovely garden of things they love.

**1** In order to make a garden, you need seeds. Start by having the group stand in a circle and choose one person to stand in the middle of the circle to be the first seed. Each group member will have a chance to be a seed.

**2** There, they will say what kind of seed they are. The players do not need to choose the seed of a real plant. They should be a seed for something that is important to them; from a baseball seed to a violin seed to a dog seed. The player should explain a bit about why they chose that kind of seed: "I'm a baseball seed because I played baseball for the Hawkeyes. I've played for 2 years. I got my first homerun in my fifth game." Once the player has identified their type of seed, they will "plant" themselves by rolling up in a ball.

**3** Once the player has been planted, the other players will start their rain dance. Each of the other players will say a compliment or a nice comment that involves the item the player chose for their seed. For example if a player chose to be a baseball seed, another player might wish them luck in their upcoming game, celebrate their homeruns, or compliment their team name.

**4** While the kids shower their friend with compliments, they should remember to do a rain dance! Encourage them to dance, clap, and shout while they compliment. If you'd like, you can supply the group with toilet paper rolls to use as makeshift megaphones.

**5** Once all of the players have showered the seed, it will grow into a strong plant. Celebrate that the seed grew up, and then plant another! The person in the center will return to the circle, and a new player will go in the middle. When all the seeds have grown, list all of the things you grew in your Confidence Garden.

## **CLOSING**

- Learn the song named "Brownie Girl" found on page 4 and sing it as a group.
- Enjoy your usual closing.

# Brownie Girl

Set to the tune of "Do Your Ears Hang Low?"

1. Are you a Brownie girl? Do you like to learn new things? Can you  
2. I'm a Brownie girl! And I'm learn- ing brand new things! I will

1. o- ver- come a challenge? Do you al- ways try your best? Can you  
2. al- ways try my best be- cause that is how I grow! I can

1. help all your fri- ends to be true to them- selves? Are you  
2. help all my fri- ends to be the best we can Yes, I'm

1. a Brownie  
2. a Brownie  
girl?  
girl!