

SELF ESTEEM

INSTANT MEETING

AGES: 9-11

Goal: To build each others confidence through kind acts, and to build self-esteem by celebrating the children's unique qualities and abilities.

Program Areas Covered:

Discovering You,
Discover What's Important to You,
Discover Your Creativity

Preparation Time:

30 minutes

OPENING

- As the kids arrive for the meeting, give them the coloring sheet (page 4) to keep them busy. Have them color themselves as adults. What kind of job will they have? Where will they live? What will they look like? Enjoy your usual opening.

ACTIVITIES

CLAY TROPHIES

Materials:

- Plasticine
- Styrofoam cups
- Fine-tipped Sharpie
- Markers
- Scissors
- Hot glue gun

For this activity, each person will make a trophy for another group member. You can't have an award ceremony without awards!

1 Divide the group into pairs. Try to choose partners that wouldn't normally work together so they can get to know each other better. Give the pairs time to talk—each partner should have about five minutes. Have a leader notify the group when their five minutes is up. The partners should discuss what they like about themselves, what activities they're good at, their favorite subject in school, and/or something they accomplished.

2 From this discussion, each person will choose something their partner said about themselves, something that stuck out to them. From this, they will choose what to award their partner. It should be a talent, an interesting quirk, or something inspiring about the other person but the nature of the award should be fun.

3 Once ten minutes for discussion is up, the pairs split up to make their partner a trophy. First, they must make the base. For this, they will use their Styrofoam cup. It will sit upside down, with the opening to the table and the base in the air.

4 Using a fine-tipped Sharpie of any color, write the name of the award along the lip of the cup. Write the recipient's name above it.



5 When sculpting begins, encourage everyone to make something unique. For example, if someone said they liked to ride horses, the sculptor could make a horse or a saddle. If someone else was very good at math, the trophy could take form of a calculator.

6 When the form is finished, it's time to fix it to the base. The Styrofoam cup will act as the base. Cut the base as needed to fit the form. Use a hot glue gun to secure the shape to the base. Let the glue set.



Quick Tip!

Use a stick of plasticine to build the top of the trophy. If you like, use multiple colours, strings, beads or any other craft supplies for ornamentation!

RED CARPET WALK

Materials:

- Music player and upbeat music

Every award show needs to have a star-studded red carpet walk. Why should this one be any different?

1 Mark a walkway using a long entry rug. You can also use tape, chairs, or anything else if a carpet is unavailable. If possible, have your walkway leading up to the stage area set aside for your award show. This will be your red carpet.

2 Pair off the group members. If you'd like, you can use the same pairs that you used to make the trophies. Draw names from a hat to see who goes first.

3 Have the partners line up facing each other. The announcers should be on one side and the walkers should be on the other. When the walker goes down the carpet, she can strut, skip, and twirl down the center while her partner walks along the side introducing her.

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Red Carpet Walk continued...

4 The introductions should include the walker's experience and accomplishments with her talent. "Kelly has been in karate for over three years, earning herself a red belt!" They may also include other traits that define that person, like "Taylor is not only a talented cook, she is also a wiz at math!" Encourage them to get creative. They should announce until the walker reaches the end of the carpet.

5 When the walker and the announcer reach the end of the red carpet, they get back in line. This time, they will go into the opposite line; walkers will become announcers and announcers will become walkers.

6 Have upbeat music playing in the background while they walk their red carpet. Encourage everyone to get involved by cheering and clapping for their friends.

AWARD SHOW

Materials:

- Guides will supply their own materials as needed

Each group member will put on a five minute presentation. For this presentation, they will showcase something they excel at. Then, they will teach the group something about it.

For example, if someone plays the violin, they might bring it in and play a song for the group. They could then teach the group a bit about the history of the instrument.

If someone plays piano and can't bring in their instrument, they can bring in sheet music and tell the group about a song they learned to play. They could also bring in a video if them playing, if possible. They could teach the group a bit on how to read sheet music.

If someone does a martial art or another sport, they can do a demonstration then teaches the group a basic move.

To decide the order of who will perform, draw names out of a hat. When the group member has finished their presentation, they can receive an award.

CLOSING

- Enjoy your usual closing.

**COLOURING
FORWARD
COLOURING
SHEET**

NAME: _____

Draw this person to look like the future you. Where will you be living? What kind of job will you have? What will you look like? No one knows but you!

