

# SELF ESTEEM

## INSTANT MEETING

AGES: 12-17

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

**PROGRAM AREAS COVERED:**

Girl Stuff, Exploring a Theme, Living Well

**PREPARATION TIME:**

30 minutes

### OPENING

- Enjoy your usual opening.

### ACTIVITIES

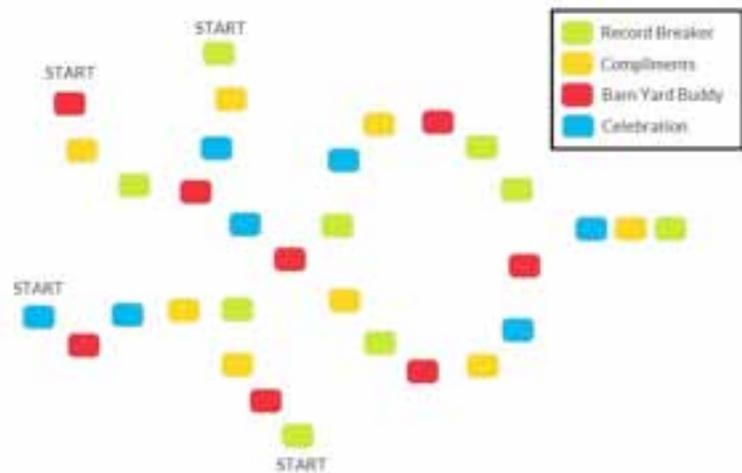
#### FOUL COMPLIMENTS

**Materials:**

- Multicolored construction Paper
- Dice (pg 7)

**1** Use the diagram provided to make the game die. You will only need one to play the game. Choose at least four colors of construction paper to act as the game squares. You will need at least 25 pieces of paper in all. The more pieces of paper you use, the longer the game will last.

**2** Lay the construction paper along the ground to make a trail, like in a board game. The trail should have more than one path for space purposes as the players are the game pieces. Use the diagram as an example. Secure the paper with tape.



**3** Players take turns rolling the die and moving through the game board. If a player rolls a number, she will move the number of squares indicated by the die. As the players move along the path, she will interact with the game as need. Each of the four tile colors should correspond to one of the activities.

**4** The object of this game is to enjoy it, rather than reach the end first. With this in mind, encourage every player to be fully involved with the game.

**Barn Yard Buddy:** When you land on this square, you become a chicken. You have to walk like a chicken from square to square until you land on another Barn Yard Buddy tile. If you are a Barn Yard Buddy, you have to cluck before you begin speaking.

**Celebration:** Share a moment when you felt proud of yourself. Don't forget to celebrate by jumping, dancing, or yelling out! The size of the accomplishment can be big (I won a gold medal!) or small (I did really well on my test, my worst subject). The stories should be kept short, a minute or two at most. The whole group should participate in the celebration.

**Compliment Someone:** Choose someone in the group at random and pay them a compliment. Try to think of something special about that person or a detail from a Celebration story.

**Record Breaker:** Set a wacky record for that square. How quick can you recite the alphabet? How many jumping jacks can you do in 15 seconds? The next person to land the square has to try and break it. If she does, she can make a new record or let the old rule and the new record stand.

## MY CATCHING PERSONALITY

### Materials:

- A small ball

**1** For this game the group stands in a circle and the players throw a ball randomly back and forth. Each time a player catches the ball, she has to say a word that is used in praise before she can pass it.

**2** Each praise word can only be said once per round. You may want to brainstorm of a few words beforehand or read out the Compliment ABCs before you play your first round. Slang is allowed if it is appropriate and is not disputed among the players.

**3** If a player either drops the ball, repeats a praise word, or catches the ball and can't think of a praise word to say, the passing stops. She has to stand in the middle of the circle and say something silly that makes her unique. The same will happen if a player misses the ball when it is passed to her.

### Compliment ABCs

<b>A</b> mazing	<b>N</b> ew
<b>B</b> est	<b>O</b> riginal
<b>C</b> aring	<b>P</b> rime
<b>D</b> ynamite	<b>Q</b> uite awesome
<b>E</b> xcellent	<b>R</b> avishing
<b>F</b> antastic	<b>S</b> tellar
<b>G</b> reat	<b>T</b> errific
<b>H</b> eavenly	<b>U</b> nbelievable
<b>I</b> nspiring	<b>V</b> ery good
<b>J</b> azzy	<b>W</b> ell done
<b>K</b> iller	<b>X</b> treme
<b>L</b> ovely	<b>Y</b> ou rock
<b>M</b> agical	<b>Z</b> esty

"Sometimes I talk to my dog/cat when no one's around."

"I dance around when no one is looking."

"My socks almost never match."

"I sing in the shower."

"I have to wear my lucky socks when I play a sport."

This may be embarrassing at first for the girls, but the goal of the game is to get them to see that they aren't the only ones with quirks, and some people have the exact same ones as they do. Everyone has a bit of weird side or does silly things and it is important to embrace it.

**4** Once she has shared her silly secret, the player will throw the ball up into the air and quickly step out of the way. If one of the other players shares her personality trait or does something similar she will step in to catch the ball. If she catches it, she will throw the ball back in the air and another player can run in to catch it.

**5** If no one tries to catch the ball, pass the ball around again until it is dropped or a player cannot think of a praise word.

**6** When players share their traits, encourage them to choose unconventional things about their personalities—they should be things that she does on a regular basis that she feels makes her unique, happy, and silly.

### **TELL-ME-A-STORY TIME**

**1** Cut out the topics below and discuss a few of them as a group.

**2** Encourage the girls to tell stories from their own lives and to listen while others share theirs.

Think about the last time you helped someone who really needed it. What did you do? Why did you do it? How did you feel about it?

When was the last time you felt invincible? Why did you feel that way?

Who is the person in your life who makes you the happiest? Tell the group about that person. Where did you meet and how long have you known them? What kinds of activities do you do together?

Tell the group about a time that someone picked on you or made you feel like an outcast. What happened? How can you prevent something like that from happening again or how can you better deal with it next time? Have you ever done anything like that to someone? If so, how did it make you feel to realize that?

Has there ever been a time when you said something mean to someone? Was it a stranger or someone you loved? How did that person react? How did you react? Why do you think you acted like that in the first place?

Think about the last time you complimented a stranger or a stranger complimented you. What was said? Is a compliment different coming from a stranger as opposed to someone you know? Would you compliment a stranger?

*Continued on next page...*

*Tell-Me-A-Story Time continued...*

What is your latest, greatest accomplishment? Tell the group all about what you did, how you did it, and how you felt when you did it. Was it something a long time in the making, like earning a black belt in martial arts? Or was it something more immediate, like taking care of your new baby cousin.

Have you ever taught anyone something new? Tell the group about how you went about this. Be sure to include any challenges you faced and the challenges your pupil faced, too.

When was the last time you turned a bad situation around?

Think about something you want to do in the future - travel, career, family, anything. Why is this something you want and how do you see yourself getting there?

What kind of life skills do you have? Can you cook? Clean? Take care of yourself? Talk about how you learned these, which ones you like best and least, and one time they've come in handy. Are there any that you really want to learn?

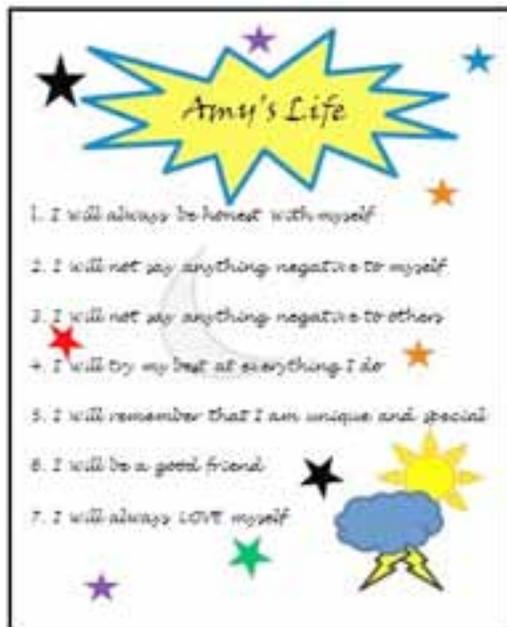
**RULING MY LIFE**

**Materials:**

- One piece of paper per girl
- Markers or pencil crayons
- Stickers, glitter, etc. as desired.

Once all of the activities have been completed, each person should make a list of rules for everyday self-esteem. These rules will be things to remind themselves of how special they are.

Encourage them to decorate the papers to make it look like a poster so they can hang it up in their rooms at home.

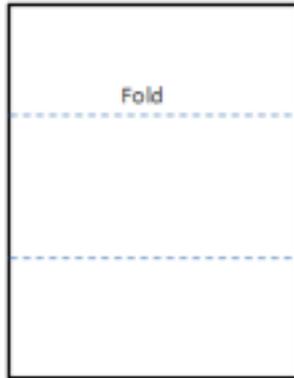


## BEHIND THE NAME

### Materials:

- One blank piece of paper per person
- One writing utensil per person

**1** Give each group member a blank piece of paper and a pen. Have them fold the paper into thirds and write their names on the back, as shown below. Pass the papers when everyone is ready.



**2** Each time a paper is passed, the receiver will write a message to the owner. It should be a nice comment, an admirable quality, fun memory, or an inside joke. Write the messages on the blank side of the paper so it can be folded to conceal the messages.



**3** Fold the paper before passing it on to the next person. This is so the next person will know exactly who they're writing to. This also hides the messages from the owners, keeping them a surprise.

**4** When the letters get back to owners, they should stay folded. Leave the messages as something fun to read on their way home.

## CLOSING

- Enjoy your usual closing.

**FOUL  
COMPLIMENTS  
DICE**

