

Discovering myself

Activity 3: My self-esteem bucket



Ask the children to imagine their self-esteem as a bucket of water. We start out feeling good about ourselves, and our buckets are full. Every time someone puts us down, it's like punching a little hole in the bucket, and our self-esteem leaks out. Ask the children to think of ways people punch holes in each other's buckets and ways we can plug up the holes and raise self-esteem.

Ask the children to think of words we use every day that can punch holes in our 'self-esteem buckets'. For example: *no, can't, won't, never, if, maybe*; these are negative words because they can stop us before we attempt a task. They can lower our self-esteem when we use them as an excuse for not doing something that will challenge us.

Show the **Negative thoughts** illustrations from the CD-ROM. Read each caption with the class and explain how these negative thoughts punch holes in our 'self-esteem buckets'. Encourage the children to suggest ways in which that person's self-esteem can be raised with a positive statement.

Ask each child to print their name vertically down the left-hand side of a sheet of paper, writing each letter separately. They then think of a positive, self-descriptive word or phrase to match each letter of their name. Conclude by asking them to write a descriptive paragraph or story about themselves, using the words or phrases they have selected.

Activity 4: My family's identity

Begin the activity by displaying a selection of business cards you have collected. Ask the children what information they can learn about a person by reading their professional business card (for example, business name, what the business does, logo, and address).

Invite the children to make a number of 'My family' cards to show what is important to each member of their families, and makes them unique. Reiterate that a family unit can come in many different forms, and can include carers and extended family. The cards should show their family name surrounded by symbols (similar to business logos) that represent their talents, goals, skills, and characteristics. Allow time for the children to share and explain their finished cards with the class.

Display the **Family traits** template and demonstrate its use by filling it in using yourself as an example. Consider each characteristic, and write down a word or two in the 'ME' column that describes you, and the family member you share the attribute with, in the next. Ensure that you write 'no one' in some of the spaces. When the children have understood the process, give them individual copies of the template to complete.

Give each child a copy of the core photocopiable page 26 **My autobiographical poem**, or the support or extension version on the CD-ROM, and ask them to create their poem. Encourage them to illustrate it if they wish. Make a display of the poems.