

INCREASE SELF-ESTEEM

I'm special, accordion to me!

Materials: Worksheets, plant pictures, accordion templates, pencils, markers, crayons, scissors

Directions: Read the worksheet, complete the activity and discuss with the Group.

For today's activity, let's look at some pictures of plants.

What do we know about plants? We know there are tall and strong trees. We know there are short and thorny cactus bushes. And we know there are **many different-colored flowers in all shapes and sizes.**

We'll hold up some plant pictures. Raise your hand to answer the questions.

What do you see when you look at this plant?
How would you describe its color, shape and size?
What makes this plant special?

Now, let's think about ways in which you are special.

Being a good brother or sister is special. Being kind to pets is special. Having good manners and being polite is special. What other ways are you special?

Cut your template on the dotted lines and fold it along the solid lines to make an accordion. The first fold is the title. Write down a word that describes you, "I am _____." On all the other folds, write down something that makes you special. Some ideas are "I say thank you" and "I always try to be nice."

Please write down a reason why you are special on each fold. After you're finished writing, we will share some of the things that make each of us special.



Blank space for drawing or writing.

I am _____

Blank space for drawing or writing.

I am _____