

BE COMFORTABLE

One-of-a-kind and loving me

Materials: Worksheets, sheets of chart paper (one per team), pencils, markers, crayons, timer

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

Have you heard the expression, "Feeling comfortable in your own skin"?

What does it mean?

Feeling comfortable in your own skin means feeling confident about yourself. It means loving yourself for who you are — the person inside your skin!

We're all different in some ways. But instead of criticizing ourselves for the things that set us apart, we should try to embrace our differences. We should take control of our negative thoughts and enjoy our one-of-a-kind traits.

What is a trait? It's a characteristic or quality that sets us apart. It makes us unique and "one-of-a-kind."

For starters, there are six traits that lead to becoming and remaining "one-of-a-kind."

ONE-OF-A-KIND TRAITS

1. Keeping your individuality.
2. Avoiding peer pressure.
3. Being true to yourself.
4. Not putting others down.
5. Having an open mind.
6. Being confident in who you are.

In today's activity, we're going to dig deeper into what each of these six traits means. Let's read the activity instructions and then we'll begin.

ACTIVITY INSTRUCTIONS

- 1 Divide into teams of two to four, depending on the number in the Group. Each team will be assigned one of the six traits.
- 2 Each team will write the trait at the top of their sheet of chart paper. Then, each team will brainstorm all the things the trait means to them. Write those things below the trait. If you'd like, draw pictures to help explain the trait's meaning. You'll have 6 minutes to brainstorm and write.

(Set the timer for 6 minutes.)

- 3 Each team will have a turn to explain what the trait means and why.



Have an open mind

- Listen to others
- Accept others who aren't like you
- Accept different ideas

