

Activity Plan Form
HDFS 5130S/7130S
Spring 2022

Student's Name: Princess Linley

Category of Activity Plan (*art, self-expression, etc.*): Self-Esteem

Title of Activity: Be You!

Primary Age Group:

	Infants/Toddlers (<i>under age 3</i>)
	Preschoolers (<i>ages 3 – 5</i>)
X	Grades K – 5 (<i>ages 6 – 11</i>)
X	Grades 6 – 12 (<i>ages 12 – 18</i>)

Specific Age(s): 12 – 16 Year Old's

Therapeutic Goal: The therapeutic goal of this activity is to improve emotional skills by providing opportunities for children to build positive self-esteem through self-expression by creating a best self-collage.

Developmental Goal(s): The developmental goal of this activity is to provide opportunities for children to practice emotional development by enhancing positive self-esteem by providing magazines to cut out pictures that describes their best self to support their affirmations.

Measurable Objectives:

- Children will demonstrate improvements of emotional skills by creating a positive self esteem collage using affirmations to describe their best self.
- Children will demonstrate positive self-esteem by pasting magazine cutouts and using affirmations to describe their best self on paper

Estimated Amount of Time Needed for Activity: 25 - 30 mins

Materials Needed: (*Be specific. Attach patterns if needed.*)

- Computer or Mobile device
- Scissors
- Pencil and Paper
- Glue
- Magazines

Space Needed: Classroom with standard desk and chairs

Restrictions and Precautions:

- Make sure all computers are charged up for this activity
- The teacher should walk around to make sure students are doing the correct activity and not on other websites
- Students who cannot use their hand may need help from an adult to complete this activity

Detailed Procedure:

- In this activity, you'll create a collage to guide you in thinking about how you define your best self.
- Next the students will “Envision Their Best Self”
- Who are you when you are at your best?
- Remind yourself of your positive attributes every day. Envisioning your best self will help you build self-respect and keep you focused.
- Next, the teacher will tell the students “*take a moment to consider the positive qualities you have when you are at the top of your game.*”
- *What are you like when you are the best person you can be?*
- *How do you want others to see you?*
- *How do you see yourself?*
- Here is a list of words that might help:
 - Kind, Loving, Respectful, Energetic, Thoughtful, Serious, Funny, Strong, Generous (meaning you like to share), Mature, Easy to get along with, Friendly, Original
- Teacher will then have the student get a piece of paper, and answer the following four questions:
 1. *What five personal characteristics matter most to you? (Think of words that describe the kind of person you want to be.)*
 2. *How do you want others to see you?*
 3. *What are your goals for your life right now?*
 4. *How does your best self-look and act to achieve those goals?*
- Next you will then create a Best Self-Collage
- Use your answers to the questions to make a collage.
- Flip your sheet of paper over. On the back, write down My Best Self.
- Look through magazines. Cut out pictures that represent your best self. Paste them on your paper. You can also draw your own pictures.
- Students will then write their affirmations about their best self and can use their answers from the questions to help if needed.
- Consider hanging the collage up in your room, in your locker or at your Club. Use it as a daily reminder of what your best self looks like.

Adaptations and Variations:

- How the child's friends, siblings, other family members might be included in the activity is by asking others to describe what they see in the child's best self from the cutouts of the magazines and help the child think of positive affirmations.
- For children who are immobilized, make the activity easier by having pictures already cut out for the child to choose from and glue them on the paper.

Type of Play (*Is the play free or guided? Describe briefly how the play is child-led*):

This type of activity is free play with little help from the teacher if the child needs help understanding different affirmations, but the child is complete choosing everything else on their own for their best self-collage.

Reference: (*Include full reference in APA format*)

H.T. Edwards, B. & G. C. (n.d.). *Best-Self Activity*. Myfuture Staff Dashboard. Retrieved March 26, 2023, from <https://www.myfuture.net/staff/activities/view/Positive-Club-Climate/All-The-Feels/167>