

**Type of Activity Plan: Self Esteem**

**Title of Activity:** Self Esteem Pizza

**Primary Age Group:**

**Infants** (*16 months and younger*)

**Toddlers** (*17 – 35 months*)

**x Preschoolers** (*ages 3 – 5*)

**x Grades K – 5** (*ages 6 – 11*)

**x Grades 6 – 12** (*ages 12 – 18*)

**Specific Age(s): 6-11**

**Therapeutic Goal:**

- Children's self esteem will be boosted through talking about what they are good at or what they like about themselves while creating a pizza.

**Developmental Goal(s):**

- To boost confidence in children who are struggling with self esteem.

**Measurable Objectives:**

- Children will understand aspects of positive and negative self esteem.
- Children will demonstrate positive self esteem through the toppings of a pizza.
- Children will demonstrate fine motor skills while cutting, glueing, drawing, and writing on their pizza.

**Amount of Time Needed for Activity:**

- 45-60 minutes

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

- Paper plates
- Construction paper
- Crayons / markers / colored pencils
- Scissors
- Glue
- Pen / pencil

**Space Needed:**

- Table or bedside table

**Restrictions and Precautions:**

- Scissor and marker precaution
- Assist with cutting and writing if child needs help

**Detailed Procedure:**

- Discuss positive and negative self esteem
- Have the child talk to you about positive things they see about themselves and negative if they want to but do not push it.
- Have the child color the paper plate
- Cut out topping for the pizza
- Write what they child sees as positive self esteem about themselves on the toppings
- Glue toppings on plate
- Have the child read and talk about their pizza.

**Adaptations and Variations:**

- Help child cut or write if there are fine motor limitations