

Activity Plan Form

HDFS 5130S/7130S

Spring 2021

Student's Name: Hailey Stein

Type of Activity Plan: Self-esteem

Title of Activity: I am ... Ribbons!

Primary Age Group:

X

Infants/Toddlers

(under age 3)

Preschoolers

(ages 3 – 5)

Grades K – 5

(ages 6 – 11)

Grades 6 – 12

(ages 12 – 18)

Specific Age(s): Ages 8-11

Type of Play: Guided Play

Therapeutic Goal: The therapeutic goal of this activity is to build self-esteem by encouraging them to write down positive characteristics about themselves and support the child when experiencing feelings of low self-esteem by providing them coping skills.

Developmental Goal(s): The developmental goal of this activity is to improve emotional skills and encourage positive self-esteem by providing the child a way to express their feelings and list favorite characteristics about themselves through words and phrases.

Measurable Objectives:

- Children will show improved fine motor skills by using scissors to cut out shapes and write words and phrases about themselves.
- Children will demonstrate understanding of self-esteem by expressing positive characteristics about themselves.
- Children will demonstrate creativity by using their own ideas to personalize their ribbons by drawing, writing, etc.

Amount of Time Needed for Activity: 5-10 min for setup/



15-45 min activity **Materials Needed:**

- Ribbon template(optional)
- Construction paper(multiple colors)
- Markers/crayons/colored pencils
- Glue
- Scissors
- Tape, safety pins, close pins, etc. (attach ribbon to child)
- Glitter, sequins, etc. (optional)

Space Needed: Table or bedside table is needed, a larger table is preferred for the supplies. Activity can be completed individually or in a group.

Restrictions and Precautions: Children who are immobilized or have no control of their hands may need extra assistance with this activity. Be cautious of the child's self-esteem and encourage them to think positively about themselves. To reduce the risk of injury, make sure to assist if using a safety pin to attach ribbon to their clothing/hospital gown.

Detailed Procedure:

- Introduce the "I am ... Ribbons" activity and explain how they are going to be making ribbons to wear around and show how important and special they are!
 - You can say things like, "This activity is all about you!" or "I think you are so special, I want you to see that too!" etc.
- Start by laying out the construction paper for the child to cut out one big circle and then slits of paper about $\frac{1}{2}$ an inch each. This can be all one color of construction paper or as many colors as they want!
- After the child is done using the scissors, get the glue to start attaching the slips of paper to the big circle they previously cut. The 'ribbons'(slits of paper) should be glued to the bottom half of the circle.
 - You can show an example template of how a ribbon should look or you can encourage them to make it however they want to.
- Once the ribbon is created, start to discuss what you are going to be writing on it. Have them brainstorm things about them that they are proud of:
 - You can ask questions like "what activities are you good at?" "What are your favorite things about you?" "What do you like to do?" etc.
- Have the child write the words "I AM" in the middle of the circle. If they would like, they can add pictures, drawings, glitter, etc. to make their ribbons more like them! Then, have them write words or phrases on the slips of paper.
- Their ribbon should start to come together! Once the child is satisfied with their ribbon, you can attach it to whatever they are wearing(tape, close pin, safety pin, etc.)
- When they put on their ribbon remind them how special they are and should wear this with pride and confidence! They are awesome!!

Adaptations and Variations:

- If a child has motor limitations, assist them by cutting out a circle and their slips of paper as well as writing their I AM and characteristics.
- To encourage teamwork/social skills, have them work in groups and share materials
- If a child is struggling to think of positive characteristics, give the ideas or things that you have noticed about them to uplift their self-esteem
- If children can not wear the ribbon on their shirt due to wires/tubes, encourage them to place the ribbon somewhere else where they can be reminded of how special they are!

Reference:

The procedure for this original activity was developed by Hailey Stein, HDFS 5130S student