

# Looking Forward, Projecting Outward

**Grade Range:** PreK-2<sup>nd</sup> grade    **Time:** 35 Minutes

**Synopsis:** Self- esteem gives you the courage to try new things and the power to believe in yourself. It lets you respect yourself even when you make mistakes. Practice positive self-esteem with this creative and visual activity.

## Materials:

- 12 x 18 Construction paper or 8 x 12 if not available
- Scissors
- Glue
- Crayons or colored pencils
- Picture handout included

## Instructions:

*(steps 1 & 2 may need to be pre-done depending on the size of your group and their age.)*

1. Cut out shield.
2. Across the top, have the student write his/her name
3. Using the picture handout talk about different things they like and are good at doing (talents).
4. Color the pictures that fit their likes and talents.
5. Cut them out and glue them to the shield.
6. At the end, ask the children to describe what their shield represents.

*Optional : To encourage movement, have a parade around the room or school proudly holding their shields in front of them, displaying their likes and talents.*





