

1 Draw yourself with your family



AIM: To promote a sense of belonging

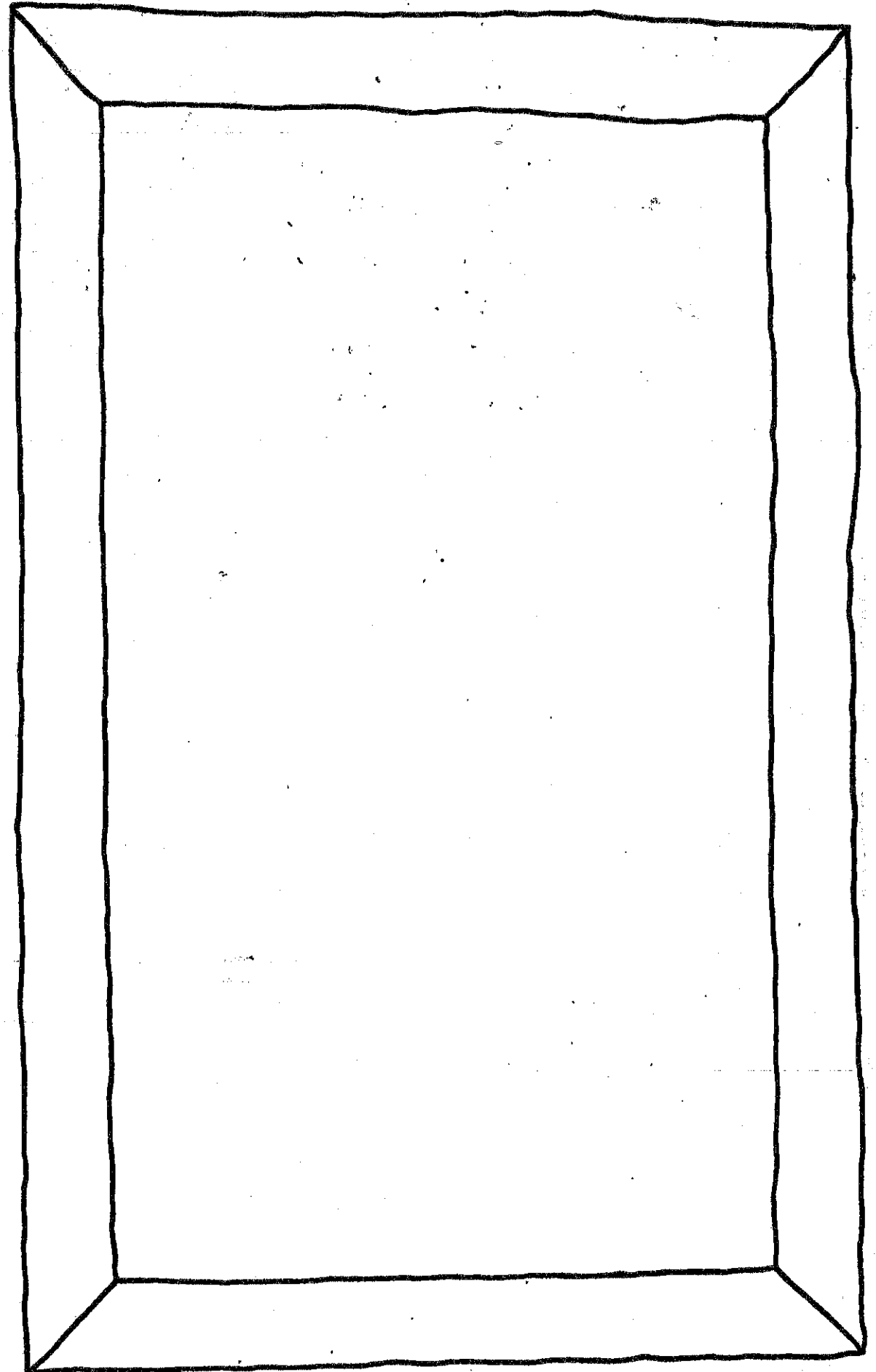
- Encourage children to take time and care drawing the picture inside the frame.
- Suggest that they colour the frame with a pattern or design.
- They may want to write the names of the people in their family.
- Children could cut around the frame and display the picture.

EXTRA IDEAS

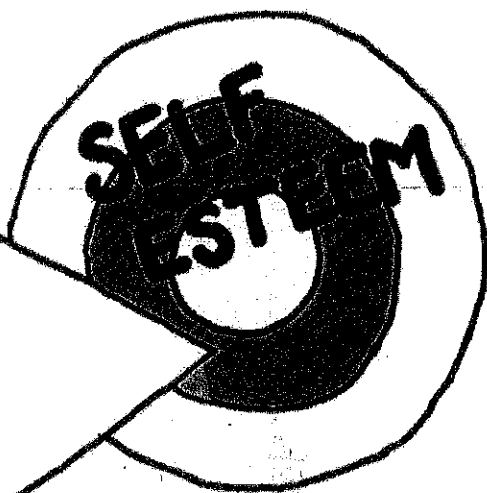
Children describe each person in their family. Encourage them to use adjectives for personality and appearance.

Create a class/group picture. Children draw and cut out a self portrait. Stick them overlapping on a big poster.

Draw yourself with your family



2 Draw things you can do well



AIM: To recognise personal strengths

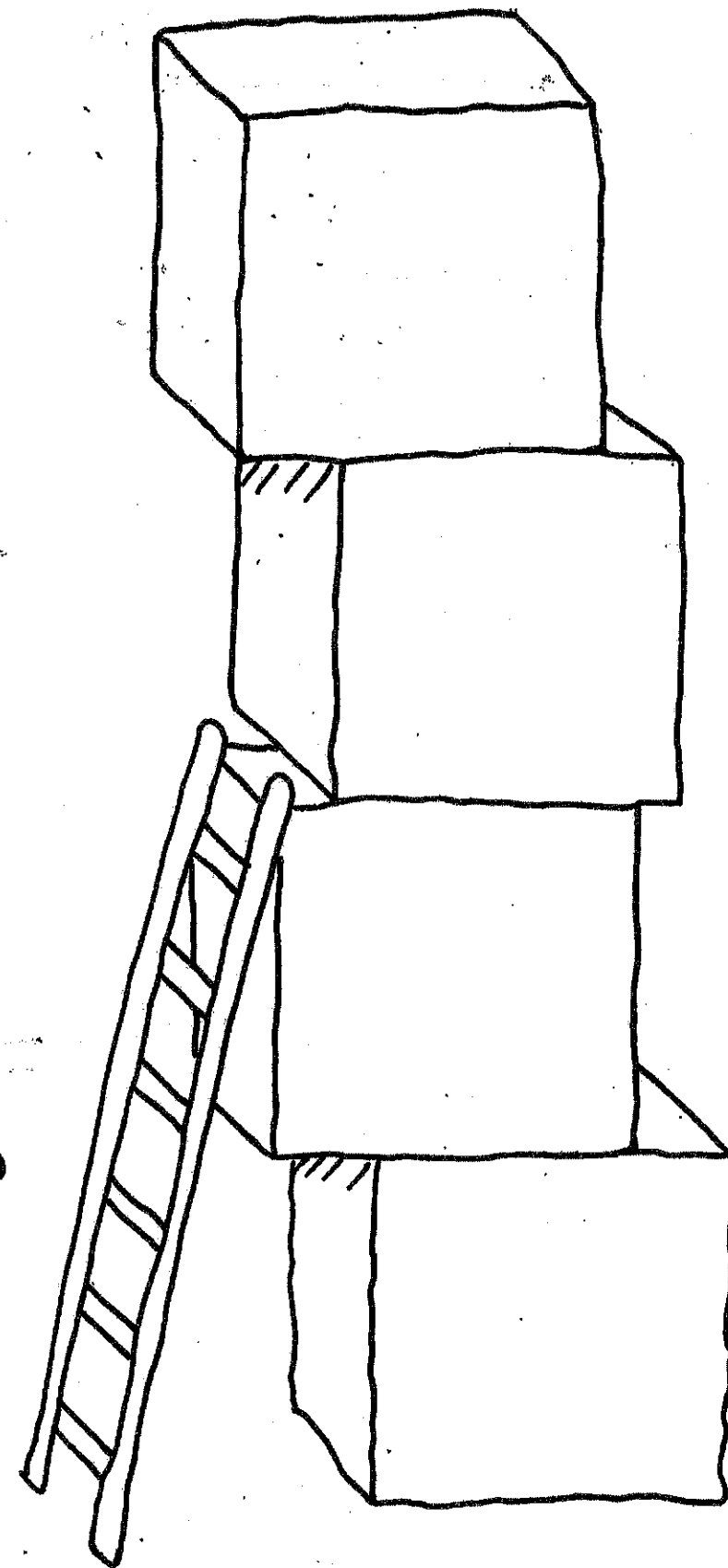
- Ask children what things they can do well. Encourage them to consider a range of skills (e.g. catching a ball, handwriting, drawing cars, making people laugh, singing etc.)
- Children draw things inside the tower of blocks.
- Get feedback on their ideas.
- You could talk about how they became good at doing these things (e.g. practice etc.)

EXTRA IDEAS

Children draw something they would like to be better at. Discuss what they could do to improve.

In pairs, children discuss the skills of their partners.

Draw things you can do well



4 What things would you like to change?

SELF ESTEEM

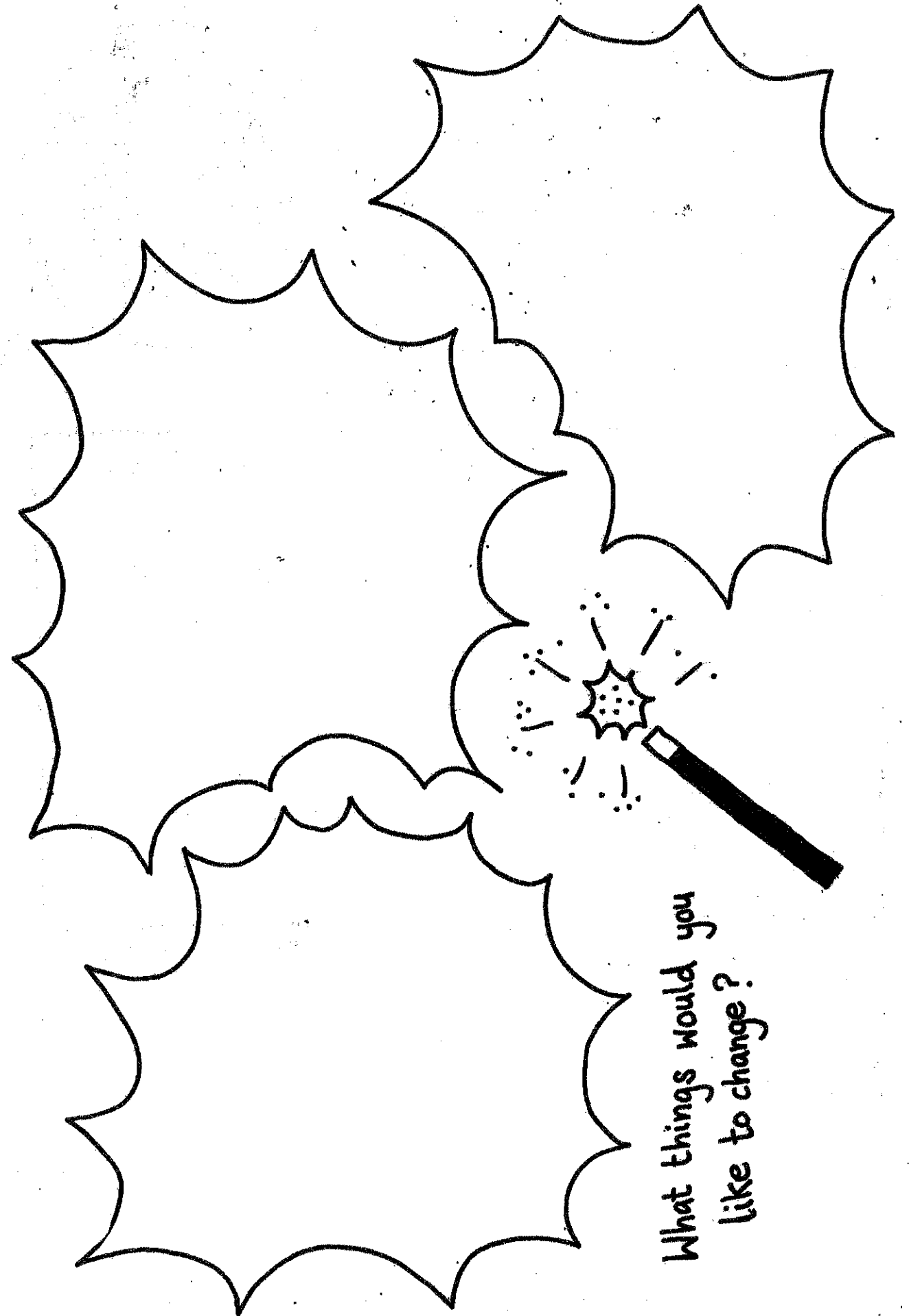
AIM: To think creatively about areas for improvement

- Ask children to imagine they have a magic wand. You could make a wand to use as a visual aid.
- Encourage children to think of different areas they would change, both practical, emotional and imaginative (e.g. I would be able to tie my shoe laces, I would not get into fights, I would be a giant).
- Children draw three things they would like to change.
- Get feedback on their ideas.

EXTRA IDEAS

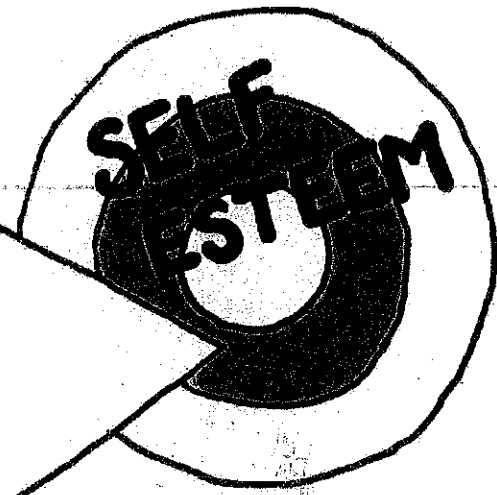
Talk about what things we can change and what things we have to live with.

Ask children to think of one practical thing they can change and devise a plan of action (eg. finish my work on time = don't talk while working).



What things would you like to change?

7 Imagine you had your own shop. What would it sell?



AIM: To promote a sense of personal power

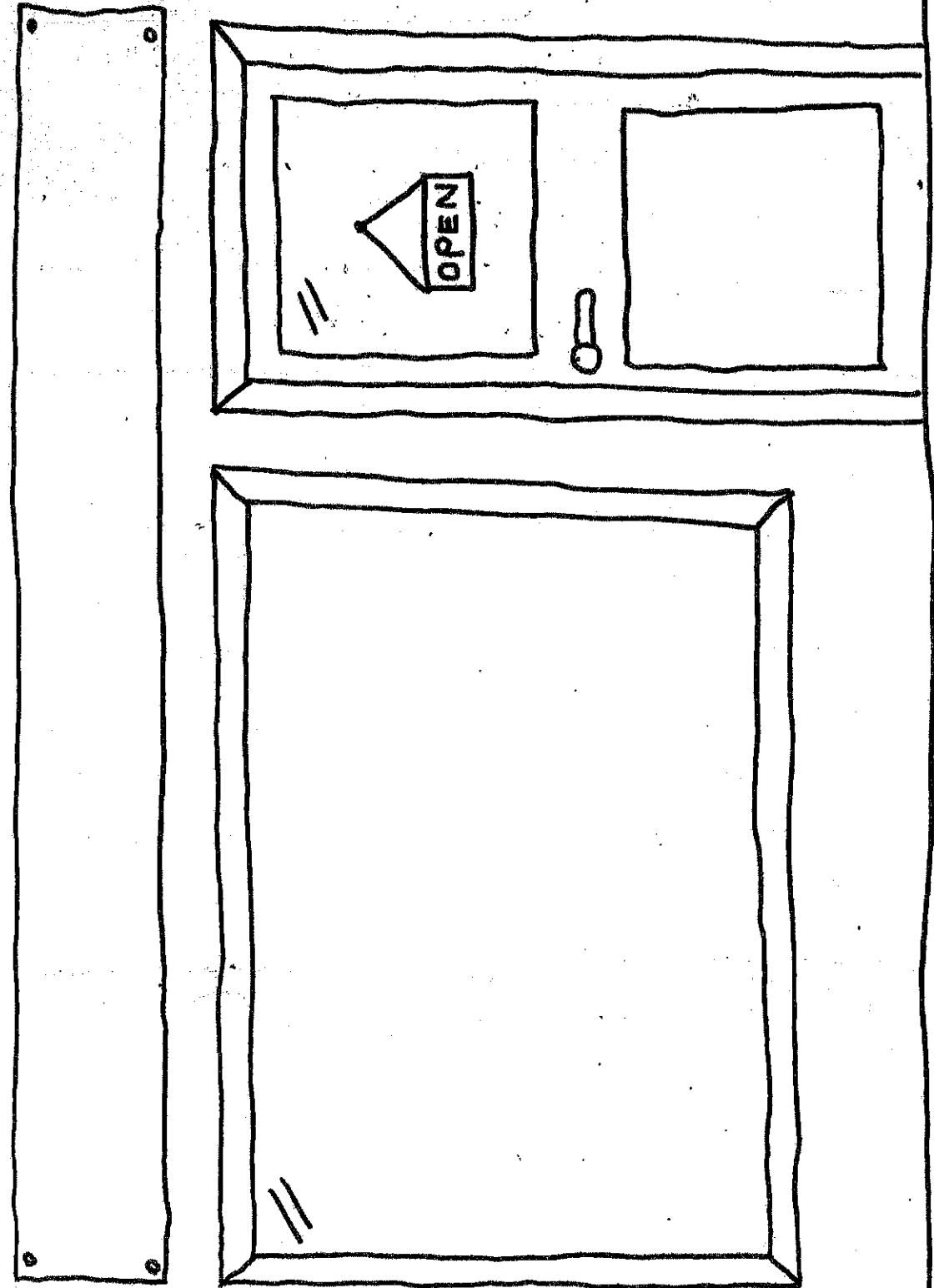
- Ask children to imagine they owned a shop. Encourage them to be imaginative - the shop can sell anything they like (e.g. robots, ballet shoes, pet crocodiles).
- Children draw inside the shop window.
- They can also think of a name for their shop and design the sign.
- Get feedback on their ideas. Ask if they would really like to own a shop. Why/why not?

EXTRA IDEAS

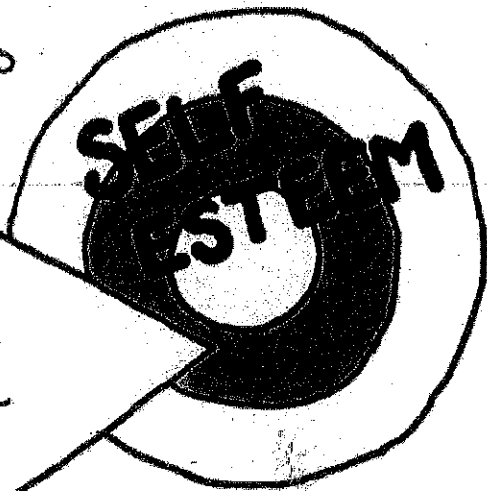
Children act out being the shopkeeper. Encourage them to consider how they should behave to customers (polite, helpful, friendly).

Children draw a job they would like to do as an adult. Discuss their choice.

Imagine you own a shop. What would it sell?



14 Draw yourself climbing up the mountain



AIM: To highlight the concept of struggling to reach a goal

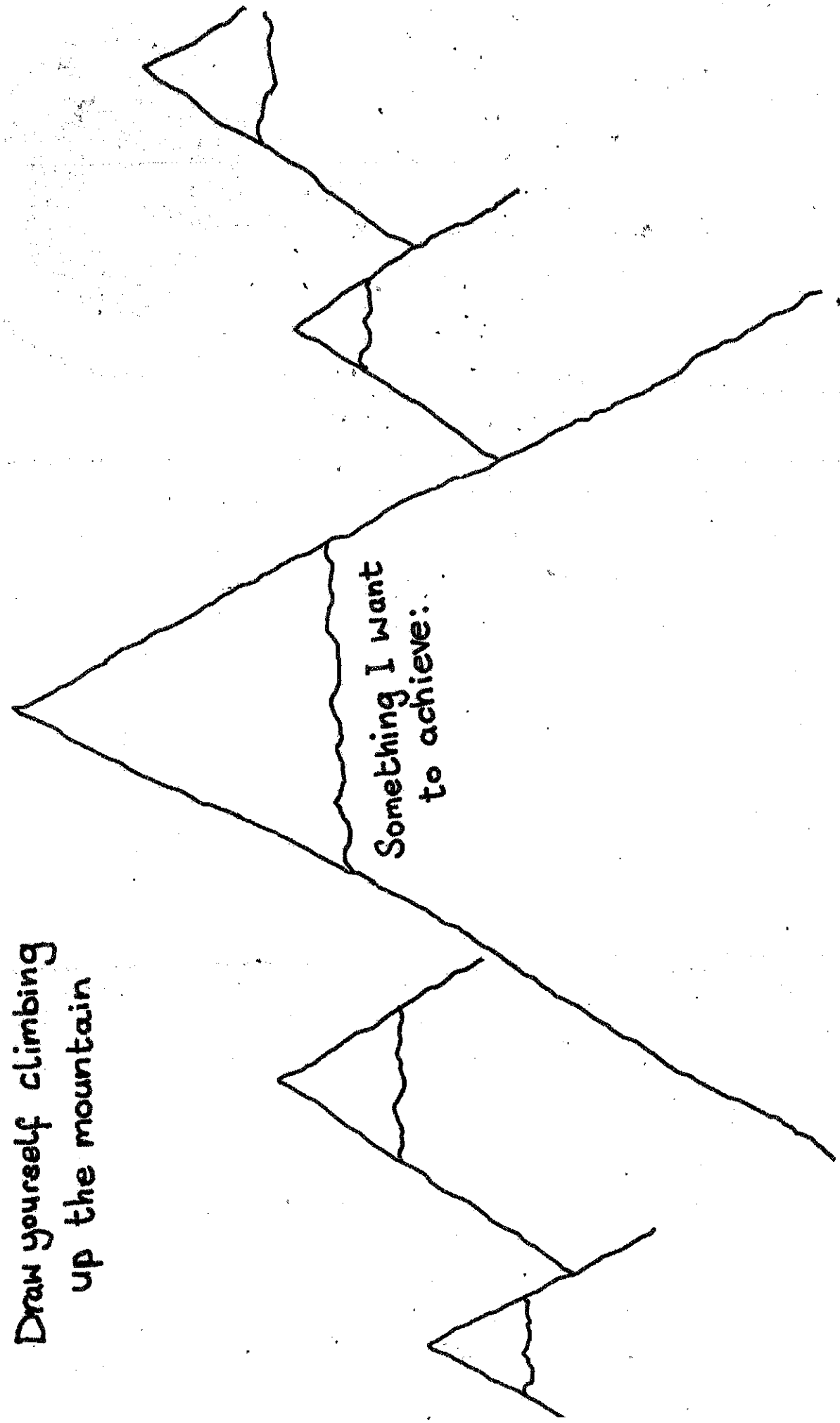
- Discuss something the children would like to achieve (e.g. not get sent out of class, play for Manchester United, be able to ride a bike).
- Children draw inside the mountain.
- Talk about what things you need to achieve a difficult goal (e.g. determination, practice, perseverance).
- Children draw themselves climbing up the mountain.

EXTRA IDEAS

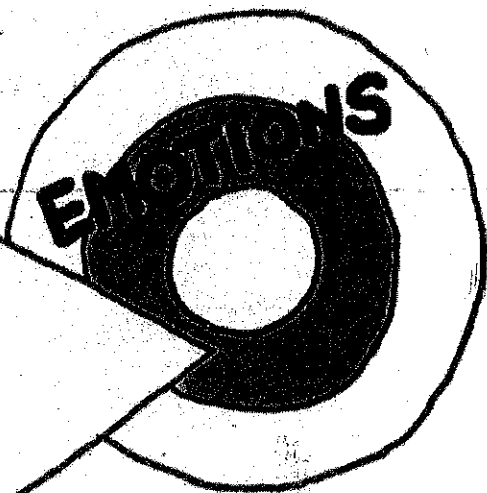
Talk about famous people who have struggled to overcome challenges (e.g. Nelson Mandela).

Act out a mountain-climbing expedition. What do you need to take? What setbacks do you encounter? How does it feel when you reach the top?

Draw yourself climbing up the mountain



28 Draw a good memory on the tree



AIM: To promote positive thinking

- Ask children to think of a time they felt really happy.
- Discuss what they were doing, who they were with and when this was.
- Children draw the good memory inside the tree.
- Discuss different words to describe feeling happy (e.g. pleased, content, joyful, delighted, ecstatic, blissful).

EXTRA IDEAS

Children discuss all the positive things that have happened in their day so far.

Make a 'memory tree' where children can hang small pictures of good experiences to look at later.

Draw a good memory on the tree

