

FOCUS WORD: KNOW YOU'RE VALUABLE

INTRODUCTION

POSSIBLE ACTIVITIES

See attached possibilities

POSSIBLE RESOURCES

Aesop's fable;

Butterflies short story

Ka Kite Bro

Icecream Man and the BMX Kid

Tama Tu

The \$6:50 man

Visual texts suitable for this and across the course

Stand by Me

The Power of One

Boy

JOURNAL WRITING:

SEE DISCUSSION QUESTIONS

Know You're Valuable

Purpose: To celebrate your own unique gifts and talents and the unique gifts and talents of others.

Group Activity: The Best

1. Arrange groups. Get into groups of three or four. Everyone has to participate in at least one round.

2. Explain rules. I will be announcing a contest category (for example, "The Tallest"). Each group needs to select one person who they think will win the category. If the person chosen by the group is "the best" within the category, his or her team gets a point.

3. Select the category. Choose one person from your group who you think will win the category. [Choose from the list below or create your own categories.]

- The Tallest ... Thumb
- The Fastest ... Crab Walker
- The Highest ... Jumper
- The Longest ... Stare in Staring Contest
- The Fastest ... Alphabet Song Singer
- The Smallest ... Shoe Size
- The Farthest ... Length to Throw a Paper Airplane
- The Largest ... Bubble to Blow With Chewing Gum
- The Strongest ... Thumb for a Thumb War
- The Fastest ... Paper Cup Stacker
- The Longest ... Thrower and Catcher (Two People)
- The Longest ... Hair
- The Best ... Coin Spinner
- The Fastest ... Word Looker-Upper in the Dictionary

4. Select the winner. The person with the best action or measurement wins a point for his or her team. The team with the most points wins the game.

5. Debrief. What did you learn from this activity?

Individual Activity: Inside Outside

Note: Make one copy of the attached template for each person.

1. Make a box. On one side of the template, write a word or draw a picture in each box that represents something you love about yourself on the OUTSIDE. On the other side of the template, write a word or draw a picture in each box that represents something you love about yourself on the INSIDE. When you are done, fold your template to make a box (with the outside words on the outside) and tape the sides so that you can still open the top of the box and see inside.

2. Debrief. Share about your box with the group or a partner. What did you notice?



Instructions

●●OPENING●●

- 1 **Share purpose.** When we are getting messages from the outside world or our circumstances that make us feel like we don't matter, how can we remind ourselves and still act like we do matter? We will create an art piece that represents what we value about ourselves to remind us how valuable we are—especially when we forget.
- 2 **Write value statements.** Complete the following statements on a blank piece of paper:
 - My favorite thing about myself is ... (Pause between prompts to allow time to write.)
 - I am proud that I have overcome ...
 - I take care of myself by ...
 - I matter to the world because ...
- 3 **🎨 Create “my value” art piece.** Next, browse through the magazines supplied to find pictures or words that represent what you wrote. Use the art supplies to create a visual display or collage that captures the essence of who you are and why you matter.
- 4 **Debrief.** Regardless of the types of messages we receive, negative or positive, we can choose what we believe about ourselves. We can decide to accept ourselves, our mistakes, and our lives completely. We can celebrate who we are, what we have survived and how we are thriving now. Go around the circle and share your collage or art piece and tell us what it means to you.

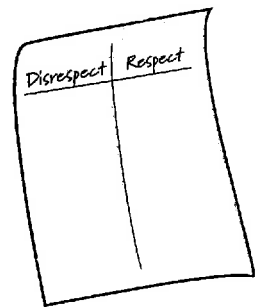
●●CLOSING●●

Instructions



●●OPENING●●

- 1 **Share purpose.** Sometimes the best way to practice Know You're Valuable is to look at times when you didn't feel valued, recognize what happened and set a new boundary for the future.
- 2 **List disrespect and respect examples.** On a piece of paper, write DISRESPECT at the top of the page on the left. Write RESPECT on the right. Make a line down the middle of the page between them.
 - Under DISRESPECT: List the top ways you and/or others have treated you like you're not valuable. Then list all the ways you're being hard on yourself today.
 - Under RESPECT: Write one way you can value yourself next to each disrespect example on the left.
- 3 **Write mantras.** When you look again, do you see a theme under each list? Based on the theme you uncovered, write an inspiring mantra on the back of your paper to remind yourself that you matter no matter what.
 - Start your mantra with: I matter because ...
 - If you have a photo of yourself that you love, re-write or decorate your new mantra and display it next to your picture where you can see it every day. It will remind you to make choices that reflect your self-respect.
- 4 **Debrief.** When we experience disrespect, it can be difficult to remember our value. Your mantra can serve as a reminder of your inherent value, regardless of how others have treated you or how you have felt about yourself in the past. Go around the circle and share your mantra.

●●CLOSING●●



Discussion Questions

Here are some additional discussion questions you can use with a  or  to explore and practice Know You're Valuable:

- What is the most amazing thing about you?
- What do your choice of friends or boyfriend/girlfriend say about how you value yourself?
- What do your choices about how you spend your time say about how you value yourself?
- What are ways your peers don't value themselves? What is the impact on you?
- What do you value about yourself that it feels like others haven't appreciated in the past?
- What has trying to be "perfect" cost you?
- What is the best acknowledgment you have received?
- Who do you try to impress and why?
- What are the ways you treat yourself that reflect you believe you matter?
- What do you consider your greatest accomplishments?
- What do you do each day to reflect that you respect yourself?
- What or who in your life helps to remind you of your value?
- Based on what we discussed, what's one way you are going to practice Know You're Valuable?

●**TIP!**● See card #60 for additional engaging discussion questions.