

3–5-year-olds

Choose and do.

On the board draw four simple symbols to represent four different activities.

For example:

a pin-man jumping [or dancing, hopping, skipping]

a speech bubble to represent talking

a crayon to represent drawing

music notes to represent singing

Point to each symbol and demonstrate what they mean.

Have the students come to the board, singly or in pairs and tap one of the symbols.

Then they perform that action.

For example:

Do a dance

Say a phrase

Draw a picture

Sing a song

When they have finished, they take a bow and the rest of the class applaud and say 'Good! Well done!'

6–9-year-olds

Make an 'Amazing Me' poster.

Give each student a blank sheet of paper. Have them draw a circle in the centre and around the circle, draw six large stars or hearts.

Now talk about their skills and their good qualities. What do they like about themselves?

If the students are reticent about praising themselves, make your own 'Amazing Me' poster first, listing what you think are your good qualities. Remind them of qualities and skills which you have noticed they have.

Write sentences on the board as they talk.

For example:

I'm good at tennis/ swimming/ Math/ English/ painting/ singing/ listening.

I can run/ walk/ skip fast.

I'm funny/ amazing/ strong.

Now let them create their 'Amazing Me' posters.

In the circle have them draw a self portrait or stick a photo of themselves.

In each star or heart have them write something that they like about themselves.

Stick the posters on the wall for everyone to see.

This activity helps to boost self-confidence. It is good to be modest and humble, but it is also good to sometimes think of what we do well and to feel proud of ourselves.

10-12-year-olds

Write an acrostic poem.

Write something good about yourself, celebrating your own strengths and skills, using the letters of your name.

Show the students how to do this by writing an example on the board, using your own name.

For example:

Makes great cakes

Amazing dancer

Runs fast

Incredible singer

Always comes to school on time.

Now have the students write about themselves. Read the acrostic poems to each other.