



Materials needed: mirror, glow sticks, iPad (music), beach ball

Activity:

1. Have each child share with the group one at a time about 3 things they are good at. Self-esteem isn't about bragging, it's about getting to know your strengths. Sometime we like other people or things, but don't really think about if we like ourselves. The most important thing to know about self-esteem is that it means seeing yourself in a positive way.
2. Have each child ask the therapy dog to do a favorite skill then give praise. Talk about how both your therapy dog and each of the children are now full of self-esteem. Ask them how they feel and open up for discussion.

Self-Esteem Activity: Compliment Paper Pass

Helps kids to be respectful and kind to others through compliments.

Have kids sit in a circle. Each child should write their name at the top of a piece of paper and then pass their paper to the person to the right of them. Everyone write a compliment or positive word about the person whose paper they have. This could be something like "You treat others with kindness" or "I like your haircut." The papers continue to be passed and children keep writing one compliment on each until each child gets their original paper back.

Pass a paper for your therapy dog also, and you can start by reading the compliments for your dog. This will encourage the kids to each read their own papers. This is a feel-good activity that shows how kids can be respectful through kind words.

Some great things about

Write a Letter to Your Future Self

Your child's "letter to himself" is a low-stress way for him to begin thinking about future goals and also spend some time reflecting on his life. This activity also provides an opportunity to talk about the future without all the urgency of SATs and college applications. Keep the letter he composed to his future self, and surprise him with it at graduation! He will delight in seeing how far he has come, and he will once again be able to evaluate his goals.

What You Need:

- Writing utensil
- Paper
- Envelope



What You Do:

1. Before you begin, help your child brainstorm what he will write about. Ask him things such as: What are your current academic and social goals? What activities and people are important in your life? What are your current likes and dislikes? Where do you see yourself in 5 years, and what do you think you will be doing?
2. Have your child compose the letter as if he is writing to himself in 5 years. He can add a little something extra by embellishing the letter with pictures or sketches, or simply adding these extras into the envelope.
3. Have him read over the letter. When he feels that it's complete, have him put it in an envelope and seal it.
4. Put the letter away until his high school graduation and then encourage him to open it up to see how his goals have changed!

Use this letter writing process as a way to talk to your child about what is important to him, and what he hopes to achieve in high school and beyond!

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