

## *nurturing potential*

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### **Session: 'Feeling Good About Myself'**

#### **Pre-session Preparation**

Copies of worksheets  
Mood Cards or Virtue Cards for older participants

#### **Learning Objective**

Sharing positive statements from the mood cards will help develop self esteem.

**Two minute recap of last session.**

#### **Hand out 'Feeling Good' Session worksheet for personal notes**

Ask children to write their name, date, and session number on the top of the sheet

#### **Exercise – 20-30 minutes**

Working in small groups of up to 5 people participants take 3 Mood Cards or Virtue Cards per group and discuss what the saying means to them.

Each workgroup selects a spokesperson to share and discuss their thoughts with the other groups. Other groups can share what they think the phrase means to them.

Ensure a **HUGE** round of applause after each presentation to make participants feel good about themselves.

#### **Ages 5 – 7**

For younger groups you can sit them around you, discuss the cards that are pulled – what could it mean in the context of other Stress-Free sessions and ask get them to act out what the saying feels like to them so they can remember how to practice it.

#### **Session Close – Last 5 minutes Relaxation & Time Out**

Close session

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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name:</b> <b>Feeling Good About Myself</b>

Discussing positive feelings using the Mood Cards.

Card 1 says;

What this means to me is....

Card 2 says;

What this means to me is....

Card 3 says;

What this means to me is....