



SELF-ESTEEM



7-11



All



30-60 minutes



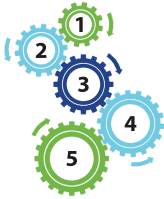
ANIMALS IN THE JUNGLE!



This activity aims to develop and support the self-esteem of children by recognizing and reflecting about their strengths and weaknesses. Strengths can be seen as something that contributes to the class community, while weaknesses can be seen as a point that we can overcome and build upon them - the group as a whole can find solutions for them or assign them their proper role in which they can be revealed as a strength. The class community is strengthened in this activity.



Sheets of paper (given the number of children)
Pencils



1. The facilitator begins the activity with a story:

“The jungle is a home of many different animals. All animals in the jungle are free and can express whatever they feel. Birds, lions, apes, butterflies, ants, bees, crocodiles, squirrels, snakes, and other animals too, they all live in this jungle. Each animal has its strengths and weaknesses, which we do not fully know yet.”

2. The facilitator invites children to choose an animal they wish to be and would best represent their personality. Each child gets a sheet of paper to use it for this.

3. Children should then give names to the animals they have chosen.

4. Everyone should then write down three strengths and three weaknesses of the animal they have chosen.

5. The facilitator invites one by one to present their animal’s three strengths and three weaknesses.

6. In the next step, the facilitator invites all in the group to discuss together, if the presented weaknesses and strength are really as they appear to be or if they could also be seen in a different way (e. g. weaknesses as advantages or strengths as disadvantages). How would they help to overcome each of the weaknesses of animals (discuss each weakness separately)? How would they use strengths of the relevant animal to overcome the weakness in question? If the strengths of this particular animal are not relevant in this regard and cannot be of any help, the group can refer to strengths of any other animal.

7. The facilitator asks that everyone writes down one strength they themselves have and how they see that this strength helps the whole class to be better. If they wish, they can share it with the rest of the group.