

Lesson:
**Qualities I Love (Adapted
from TKF)**

Length of lesson:
30 minutes

Materials:

- Colored paper
- Scissors
- Glue
- Stickers or other decorative craft supplies
- Pens, pencils, crayons

Discussion Summary:

Self-esteem is defined as how you see yourself, how much you value yourself, how important you think you are, and how you feel about your

accomplishments, based on your own standards. Recognizing and being proud of your strengths is different from bragging or believing you are perfect. Having self-esteem means knowing you are worthy of being loved and accepted. Even if there are many things you may want to change about yourself, focusing on your positive qualities or those that you don't want to change is a powerful exercise in building confidence. Teaching young people to love themselves and value their bodies, especially as they mature through puberty, helps them navigate pressures and difficulties they face as they enter adulthood.

Discussion Question:

- **What characteristics do you love about**

1. Begin by explaining that today participants will be thinking about themselves and all the qualities they are proud of or love about themselves. These qualities can be physical (ex: I love my hair, eyes, strong arms, feet that allow me to walk and dance) or otherwise (ex: I love that I am loyal to my friends, I love that I try hard in school, I love that I treat people with respect).

2. Remind participants this project is not about bragging, we are not trying to make anyone feel bad if they do not have the same quality. Tell them this project is about being proud your own strengths and loving yourself. Tell them that even though there may be some things we want to change about ourselves; it is also very important to recognize the things we would not want to change. Reminding ourselves about the great

qualities we possess can help change our self-thinking from positive to negative

3. Direct participants to write 5 to 10 qualities they possess in their journals. Assist as necessary. Give 5 to 10 minutes for them to brainstorm.

4. When participants have finished writing in their journals, pass out the scissors, paper, glue, pens, pencils, and crayons, and other craft supplies.

5. Explain that they will be making flowers out of paper. On each petal of the flower, they will write a quality they love about themselves.

- 6.** Demonstrate cutting out flower petals and remind participants their petals can look however they want them to. Participants should cut out 5 to 7 petals. Demonstrate cutting out one small/medium sized circle to be the center of the flower. Participants can use any color paper they wish.
- 7.** Direct participants to write their top qualities from their journal onto each flower petal. They can write their name in the center.
- 8.** When participants have finished writing their qualities on the petals, demonstrate putting glue on the back of center piece and gluing each petal to the back. Direct participants to glue their petals to the back of the center piece of the flower. Assist as necessary.
- 9.** When participants have completed their craft, invite them to share the qualities they love about themselves with the group.
- 10.** Hang the “Qualities I Love” flowers around the Girls Only! space or allow participants to take them home.