

Art With Heart

Option 2

“Be A Builder”



Age Level:

7 - 10

Materials:

Art With Heart book by Julie Woik

8 ½ x 11 Paper (A heavier stock would be nice, as the cards could be hung or kept forever by the recipient.)

Print the amount of Cards you need. Use Card Choice 1 or 2.

(One has more of a prompt provided and the other does not. This will allow you to decide what works for your child/children.)

Scissors

Pencils

Discover:

Read Art With Heart together. Take a moment to talk about how others play a part when it comes to our confidence. Explain how someone might, without meaning to, throw off someone's confidence. Then in turn, talk about how someone might build someone's confidence. In detail, share some of the things people might say or do to help us grow our confidence. Share some ideas and discover some ways a person could help someone feel better about something they've done or who they are.

Activity:

Once everyone has their paper with the Card, have the child/children cut out their card. Now, at the top, they should put the name of the person they are going to build with confidence. Either they can choose the person, or you can provide them with a name of another child or someone in their life. This is a great activity to help children understand how their comments can help someone else feel good, simply by telling them what good things they see about that person.

Take Action:

Once the cards are filled out, the adult (teacher) can collect them, and read them out loud. Or, have the child/children hand them to the recipient, and have them read them aloud. This “building” exercise is priceless, and we should ALL learn to grow one another's confidence!