

# Art With Heart

## Lesson #1

### **Behavioral Issue:**

Demonstrates self-destructive behavior

### **Objective:**

- Students will demonstrate self-regard.
- Students will learn ways to build their confidence.

### **Materials:**

Art With Heart by Julie Woik

Form for this Activity

Pen or Pencil

### **Activity:**

Read the Art With Heart book to the student/students participating in this activity. Discuss the meaning of the word confidence. Explain that the behavior they are displaying is not healthy, and that building their confidence will help them feel stronger. In this activity, have the participant list the things they feel they do well, or at the least, pretty good. Help the child understand that reviewing their successes is a great way to feel good about themselves, boost their self-esteem, and build confidence. Some of the things on their list may be simple: getting up on time, doing their homework with ease, or feeding the family dog. Each day add to the list. Read the list often or whenever the child is feeling self-destructive. We ALL need to be reminded that there are things we can do well!

### **Assessment:**

Students will recognize their value and begin to understand that the destructive behavior they've been exhibiting isn't healthy, and will desire to continue to build their confidence.