

# Art With Heart

## Lesson #3

### **Behavioral Issue:**

Doesn't feel supported by adults and other students

### **Objective:**

- Students will increase their interaction with others.
- Students will gain confidence and feel supported through the positive connections they make with others.

### **Materials:**

Art With Heart by Julie Woik

Form for this Activity

Pen or Pencil

### **Activity:**

Read the Art With Heart book to the student/s participating in this activity. Discuss the lesson taught in this book, which is confidence. Hand out the activity for this lesson. Talk with the student/s about their feelings regarding the interactions they have with others. Through this activity, they're allowed to express how they want to be treated by others around them. Help the student/s discuss how they see themselves, how they feel when interacting with others, and what expectations we can realistically have when connecting with others. Confidence building is a two-way street!!

### **Assessment:**

Students will recognize how positive interactions between themselves and others, can help grow their confidence and self-esteem. They'll begin to identify those persons in their life, who treat them with kindness and respect, and leave them feeling valued and supported.