

The Garden Gathering

Option 2

“Framing My World”



Age Level:

6 - 10

Materials:

The Garden Gathering book by Julie Woik

One Week Self-Esteem Chart (included with this activity)

A Raw Wooden Frame (Michaels' Craft Store for \$2.00 to \$3.00)

Child Will Need: A picture they like of themselves to fit in frame

Acrylic Paints and Paint Brushes

Foam Shapes, Letters, Rub-on Decorations, Buttons, Stickers, or ANY Decorations you'd like to use

Magazines or Newspapers of all sorts that can be cut up

Scissors and Glue

Discover:

Read The Garden Gathering together. Discuss the feelings Sunny expressed and why it was important for Lilly to help her realize her value. Discover how a strong self-esteem affects your attitude and how you live your life.

Activity:

- The child/children will start with painting the frame.
- After the paint has dried, they will create a frame with decorations that make them feel good and use positive words that describe how they feel about themselves.
- Place the picture of themselves in the slot provided.

Take Action:

Give each child a One Week Self-Esteem Chart and have them fill it out over the next week. Start with the day that follows this activity. Have the child write at least one sentence describing something that affected their self-esteem each day. Unfortunately, it may not always be positive. Share the results with the group at the next meeting.

Examples:

Monday - I helped my teacher clean the craft area. I felt good.

Wednesday - Someone called me a name on the bus. I felt hurt and sad.