



Kids' Connection

Session 2

"A Celebration of Me!"

A CELEBRATION OF ME!

Goal: To recognize and celebrate the unique and special qualities of each participant.

Key Points:

- ⊗ Each of us is “one-of-a-kind” (unique). There is no one else exactly like me.
- ⊗ We are special because of who we are, not because of what we do or what we have.
- ⊗ Using alcohol and other drugs will not make me feel better about myself.
- ⊗ Part of how we feel about ourselves is how we feel about our family. There are many different kinds of families. Every family is special in some way, but no family is perfect.

Major Message: *I AM likeable, capable, unique, and valued.*

Pre-School

I. Sunshine and Cloud *(Review with the participants the process for this activity.)***II. Review and Introduction**

I am so glad that each of you could come back today. Let's go over our Group Promises before we start. ***(Go over each promise briefly with the participants, using the poster as a visual aid.)***

Remember last session we talked about what we are going to do in group and about how group is a safe place where we can have fun and talk about our thoughts and feelings.

Today we are going to talk about something very, very special – we are going to talk about us and how special each of you is!

III. Guided Discussion

(Prior to group, place a mirror inside a shoebox so when a participant looks inside, he/she can see him/herself and put the lid on the box.)

Can you guess what is in this box? ***(Allow for some guessing and discussion.)*** Those are all great guesses! What I have in here is something very special. What do you think it might be? I'm going to give each of you a chance to see. So, sit very still and be very quiet until it is your turn. When you see it, don't tell anyone what you see – it's a surprise! ***(Move around the circle giving each participant a chance to look into the box. As each participant looks in the mirror say, "Isn't that special?")***

Now that everyone has seen the special something, raise your hand if you can tell me what you saw. That's right – you saw yourself! You all are very, very special! There is no one else exactly like you.

★ What are some ways we are alike?

Look around the circle. Do any of us look exactly alike? No, we are all different.

★ What are some ways we are different? ***(Guide the answers to include the following: We all have different hair, eyes, and skin colors. Some of us are taller than others. Our voices sound different. Some of us are boys and some are girls. You may want to use Handout KC 2:1 as a visual aid.)***

Nobody in the whole world is exactly like you! You are very special. You don't have to do anything or have anything to be special. You are special just because of who you are!

Pre-School

★ Do you think alcohol or other drugs make us more special?

Using alcohol and other drugs will not make us feel better about ourselves. In fact they can make us feel very bad.

Another thing that makes each one of us special is that we all have our very own family that we belong to. All families are different. Some families may have a mom, a dad, and kids. Others may have a mom and kids or sometimes kids live with a grandparent or with foster parents. Sometimes families don't all live together and sometimes they do.

★ What are some things that make a family special? *(Go around the circle and encourage each participant to identify one special quality about his or her family.)*

All families are special, but all families have problems. We can learn to take care of ourselves when our families have problems.

IV. Activity and Processing

(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)

V. Closing Summary

★ What are some things we learned today?

Nobody in the whole world is exactly like you! Each one of you is very special. Using alcohol or other drugs doesn't make us more special – in fact they can make us feel very bad. We all belong to a family. All families are special and all families have problems. I want us to say a little poem together that reminds us of our specialness. Remember, you are special just because of who you are.

Repeat after me:

I am special, I am me.
There is no one
I would rather be.

Our Major Message for today is: ***I AM likeable, capable, unique, and valued.***

VI. Major Message Ritual

Elementary

I. Sunshine and Cloud

II. Review and Introduction

I am so happy to see all of you again today!

★ **Who can tell me some things we talked about last time?**

Last time we talked about our group and what we would be doing each session. We learned that group is a safe place where we can take time for ourselves, talk about our thoughts and feelings, and have fun.

Today we are going to talk about everyone's favorite topic – ourselves! The name of today's session is "A Celebration of Me!"

III. Guided Discussion

We all know what a birthday party is. A birthday party is a time of celebration. At this celebration, someone is at the center of attention of their family and friends. It is their special day! Well, today in group it is everyone's special day and each one of us will be the center of attention. We are going to talk about how each one of us is a unique and special person!

★ **Why do you think it is important to spend some time talking about "us?"**

Did you know that no two people are exactly alike? Not even twins! Even twins who look alike have different fingerprints. None of us is exactly the same. Each one of us is a unique person; we are one-of-a-kind. There are some things about us that are alike. For example, we all have hair, and we all have eyes, but there are also things about us that are unique, things that make us "one-of-a-kind." There is no one else exactly like you or me!

It is very important to spend time talking about ourselves. We need to celebrate who we are and recognize the kinds of things that make us unique and special.

★ **How can celebrating what is unique and special about ourselves help us as we grow up?**

Sometimes it is hard to think of special things about ourselves. You may have gotten the idea that talking about yourself in a positive way is something you shouldn't do, or you may just not feel very good about yourself.

★ **What is the difference between thinking about ourselves in a positive way and being "stuck up?"**

Elementary

When someone is being “stuck up” they think they are better than someone else. This is very different than just thinking positively about ourselves. We each have our own skills and strengths. They are not always the same and that is okay. Beginning today, I want each of you to believe it is okay to be proud of who you are and all the things you can do. Thinking about what is special and unique about us can help us feel good about ourselves.

I would like for each one of you to take a moment to think about something that you like about yourself - something that makes you one-of-a-kind. We are going to go around the circle and share how each one of us is special.

- ★ **What is something you like about yourself – something that makes you special? (Some examples can be talents, things you do well, etc.)**
- ★ **What do you want others to find special about you?**

It is interesting that in some ways we are the same, and in other ways we are different. ***(You may want to point out some specific examples based on what the participants have just shared.)*** It is important for us to name, appreciate, and respect our differences. Wouldn't this be a boring world if we were all exactly the same? One way we can practice showing respect for our differences in group is to listen to each other and to respect each other's ideas, even though we may not always agree or have the same ideas. Having different ideas and opinions is another example of how we are unique. It is important that we not laugh at each other or put down each other's ideas in group.

- ★ **Are we special because of who we are or because of what we have?**

Sometimes people may want to be our friend because we have cool things or toys. Some people may like us only if we act a certain way, dress in certain clothes, or do certain things. This may make us believe that we are only special if we have nice things. People who only like us for these reasons are not really friends. They don't see us as special – they see our things as special. It is important to know that we are special because of who we are, not because of what we do or what we have.

- ★ **Why do you think so many people “put down” others?**
- ★ **Why do you think we sometimes put ourselves down?**
- ★ **Is it easier to “put down” or “put up” other people? Why?**

In this group each of you can practice “put-ups” by acknowledging one another's uniqueness. The more we know how to recognize and value what is special about ourselves and each other, the easier it is to give and to accept “put ups” from each other.

★ **Will putting someone else down make you feel better about yourself?**

Sometimes people think that if they put someone else down, they will look or feel like they are better than others.

They may even have the mistaken idea that they will look or feel smarter, prettier, or stronger. Instead, they are just showing that they don't feel good about themselves. People who put others down are really putting themselves down!

★ **Will using alcohol or other drugs help you feel better about yourself?**

Some people think that if they drink alcohol or use drugs they will be “cool” or “fit in” better. This is simply not true! Using alcohol or other drugs will not make us feel better about ourselves – in fact it can make us feel worse about ourselves.

Part of how we feel about ourselves is how we feel about our family. Each one of us belongs to a family. There are many different kinds of families. All families are different. Some families may have a mom, a dad, and kids. Others may have a mom and kids, or sometimes kids live with a grandparent or with foster parents. Sometimes families don't all live together and sometimes they do. ***(Because of the many types of families that exist today, it is important to help kids feel comfortable about their family structure.)***

Just like each one of us is special, all families have special qualities. No family is better than another family. We all come from different kinds of families and each has its special qualities.

★ **What is special about your family?**

Did you know that all families have problems? Sometimes we may feel like our family is the only one with problems, but that simply isn't true. Every family is special in some way, but no family is perfect.

IV. Activity and Processing

(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)

V. Closing Summary

★ **What are some things we learned today?**

Each of us is “one-of-a-kind” (unique) and there is no one exactly like us! It is okay to identify and talk about the things about ourselves that we like, or that we are good at. One thing is for sure – putting other people down or using alcohol or other drugs will not make us feel better about ourselves.

Elementary

Another thing we learned is that we are all part of a family, and just like each one of us is different there are also many different kinds of families. No family is perfect – every family has problems. Finally, we learned that we are special because of who we are, not because of what we do or what we have.

Our Major Message for today is: ***I AM likeable, capable, unique, and valued.***

(Make copies of the Major Message Bookmark – Handout KC 2:12 – on colored cardstock and cut them into bookmarks to distribute.)

VI. Major Message Ritual