

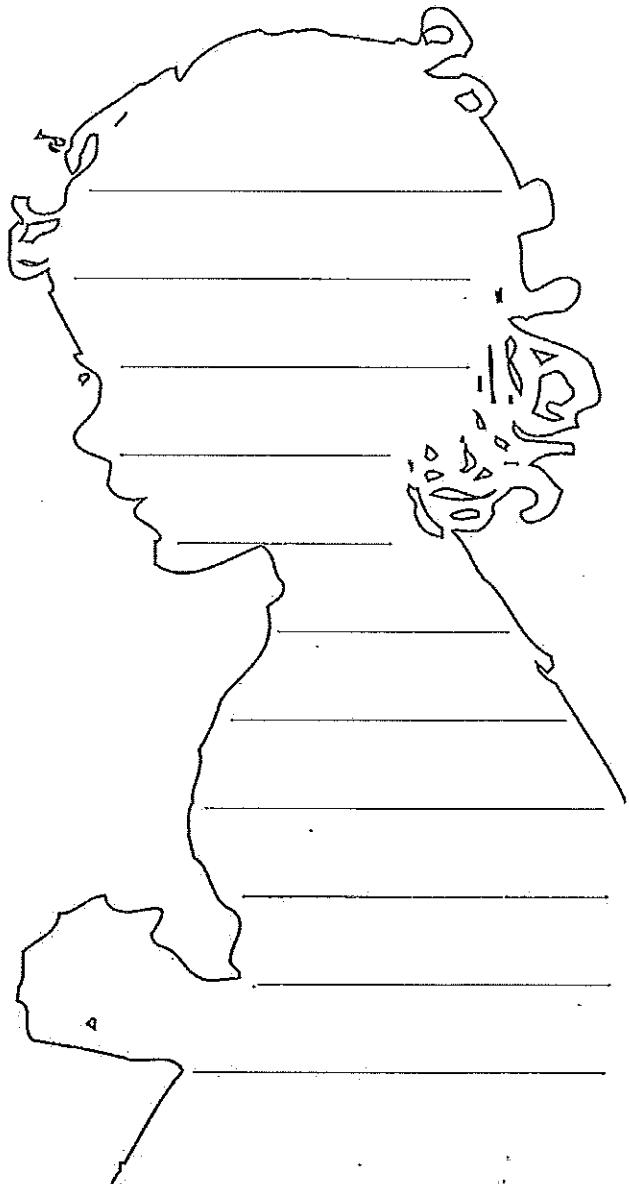
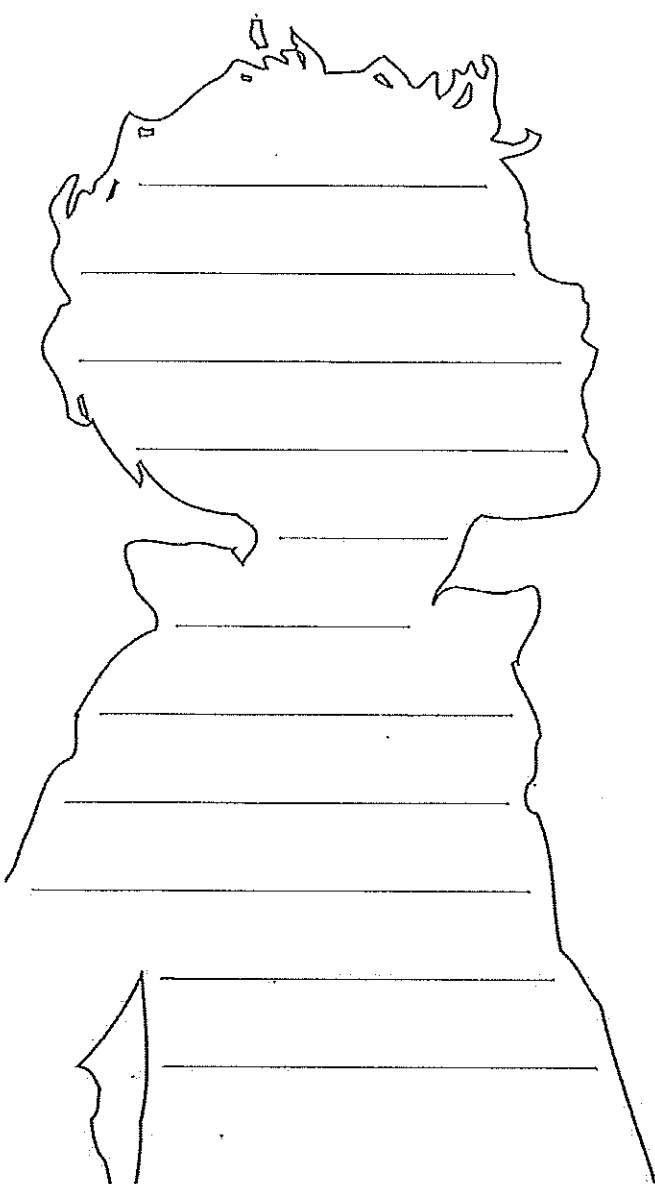


I Am Special



Make a tracing of yourself. Decorate it with pictures and words which tell good things about yourself.

You could write or draw about things you like, things your are good at, things you wish, and things about your family and friends.



Suggestions for Parents or Leaders

⇒ The tracings can be made in two ways:

1. If there is sufficient paper and space, have each child lie on a large sheet of butcher paper while another child traces around his body with a watercolor marking pen.
2. Tracings may also be done by using a strong light to project a profile of each child onto a piece of paper that has been taped to the wall. Another child can trace around the shadow with a pencil.

⇒ Next, have each child describe himself/herself using some of the following ideas. This may be done together at the teacher's direction, or various ideas may be written on cards for the children to work with individually. Drawings, cutout pictures or written words and phrases may be used.

1. Child's name, its meaning, how parents chose it

2. Physical Characteristics

- eye/hair color
- length of foot, hand, arm
- fingerprint, footprint
- clothing
- age
- height
- weight
- birthday (earliest memory...)
- home address
- phone number
- heart rate (sitting, running)

3. Likes and Dislikes

- food
- color
- animal
- things to do (alone, with friends or family)
- game or sport
- book
- tree or flower
- month or day
- number
- weather
- holiday
- hero
- Bible verse
- people
- Bible character
- place
- song
- subject
- things to make

4. Feelings

I feel _____ when _____

- lonely
- worried
- thankful
- happy
- angry
- embarrassed
- sad
- excited
- rejected
- afraid
- important

5. Special Abilities

best/nicest thing I ever did
things I'm good at
I feel good about me because...

6. Ideas and Dreams

day dreams
three wishes
when I grow up I will be...
I believe in...
someday I hope...
something I want to change about myself is...
in 5-25 years I want to...

- ⇒ Emphasize the importance of "internal" characteristics by first putting only physical things on the tracings. Ask whether the children can tell, from those things, whether a person would make a good friend or neighbor. (See 1 Samuel 16:7).
- ⇒ Display the tracings for children to discuss and enjoy. A picture of Christ and a heading such as "Jesus Made Us Special" may be hung above them.
- ⇒ Take time to discuss similarities and differences with the children to help them learn to accept and appreciate each other for their uniqueness. Discuss any prejudices or stereotypes the children might face, and help them deal with them.