

Event: I love myself session

Date: 15.4.18

The purpose of today's session was to build up the students' self-esteem and encourage self-appreciation and love.

Students were encouraged to take part in various exercises to foster feelings of self-confidence and improved self-esteem.



First Concept:

Students were asked to repeat and understand the expression: “I accept myself even though sometimes I make mistakes. I always love myself and have strong self-esteem.”

Exercise for reinforcement:

Each child tapped himself or herself on the shoulder while saying “I am a good boy/girl. I deserve all love, keep it up .”



Second Concept:

When I love all my friends and classmates, it makes me love myself more. To keep myself and space safe doesn't mean I attack others to keep them away, it means I should help myself and others by keeping ourselves safe and supporting each other.

Exercise for reinforcement:

Play together “Keep my balloon safe”; This is a game where a balloon is tied to the leg of each child who is then asked to keep the balloon safe. The one who does, will be the winner.



Third Concept:

We complement each other,; we do not compete with each other.

Exercise for reinforcement:

All students sat in a heart shape. Holding a heart shape cutout, Ms. Fadiya told the students that they would introduce themselves to their classmates by saying their name and stating their favorite thing to do.