

4a Design Your Own Strength Card – 'About Me' Project

Aim

To have fun visual reminders that promote happy and positive emotion, healthy self regard. A way for children and young people to focus upon their strengths, model healthy behaviours and develop their inner strengths.

Bring the children together to think about and discuss 'I am, I can' and 'I have' statements. Even though the children may only have time to complete the design of one strength card template, they will have awareness of each concept.

Have the children design their own strength card – have the children finish the strength card statements:

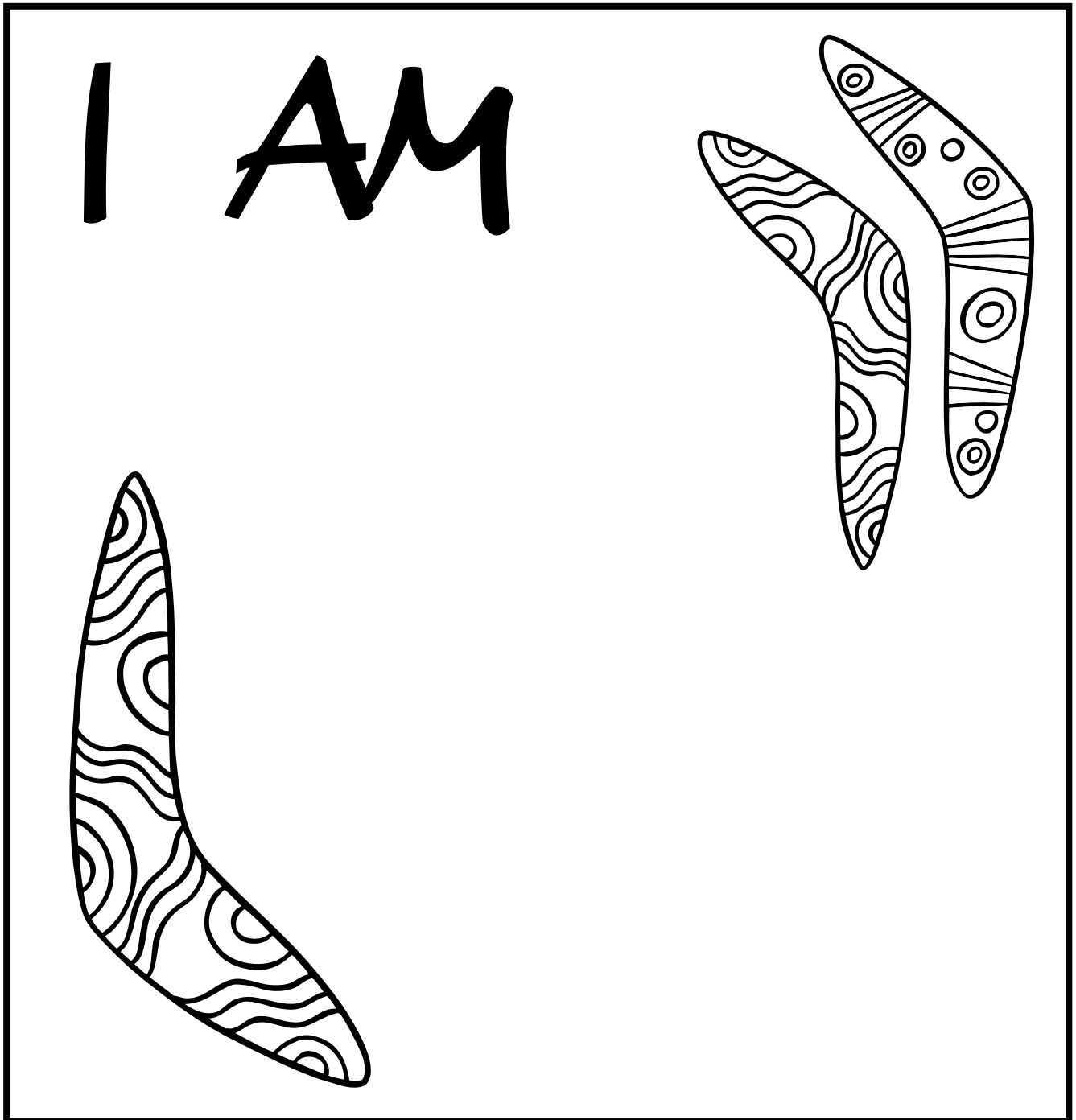
- *I am...* for example: strong, kind, brave, smart, a good kid, a warrior, COOL
- *I can...* for example: run fast, listen, dance, read, write, sing
- *I have...* a family, friends, someone to listen, someone who cares
- Photocopy the templates and have the children and young people, colour, draw, cut and paste images that have meaning for them or support their own creative designs.
- Have the children present their finished designs to the group, talking about their strengths or what they like about their cards
- Use the templates to highlight the positive behaviours of the children and young people in your group, or promote desired behaviours for the group, i.e. I can 'share'
- The cards can then be laminated and used to display an art mural in your childcare service, classroom or centre.
- Use the cards in journals with individual portrait photographs

You may need

- Poster board to paste card designs after art work
- Scissors, glue, coloured markers, glitter pens, crayons, paint
- Images, for example: magazine pictures that help to 'tell their story' or demonstrate their aspiration
- Laminating machine, if required

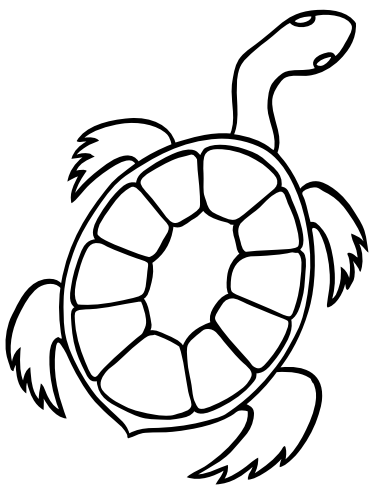
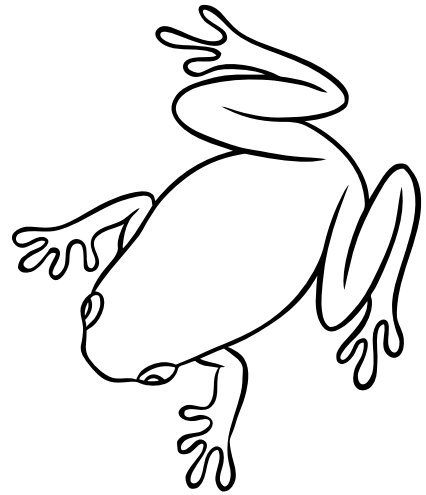
SNAICC would love to see and display designs on our website. If you would like to share your activity experience, please feel free to contact SNAICC.

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4c Design Your Own Strength Card - 'About Me' Project

I CAN



4d Design Your Own Strength Card - 'About Me' Project

I HAVE

