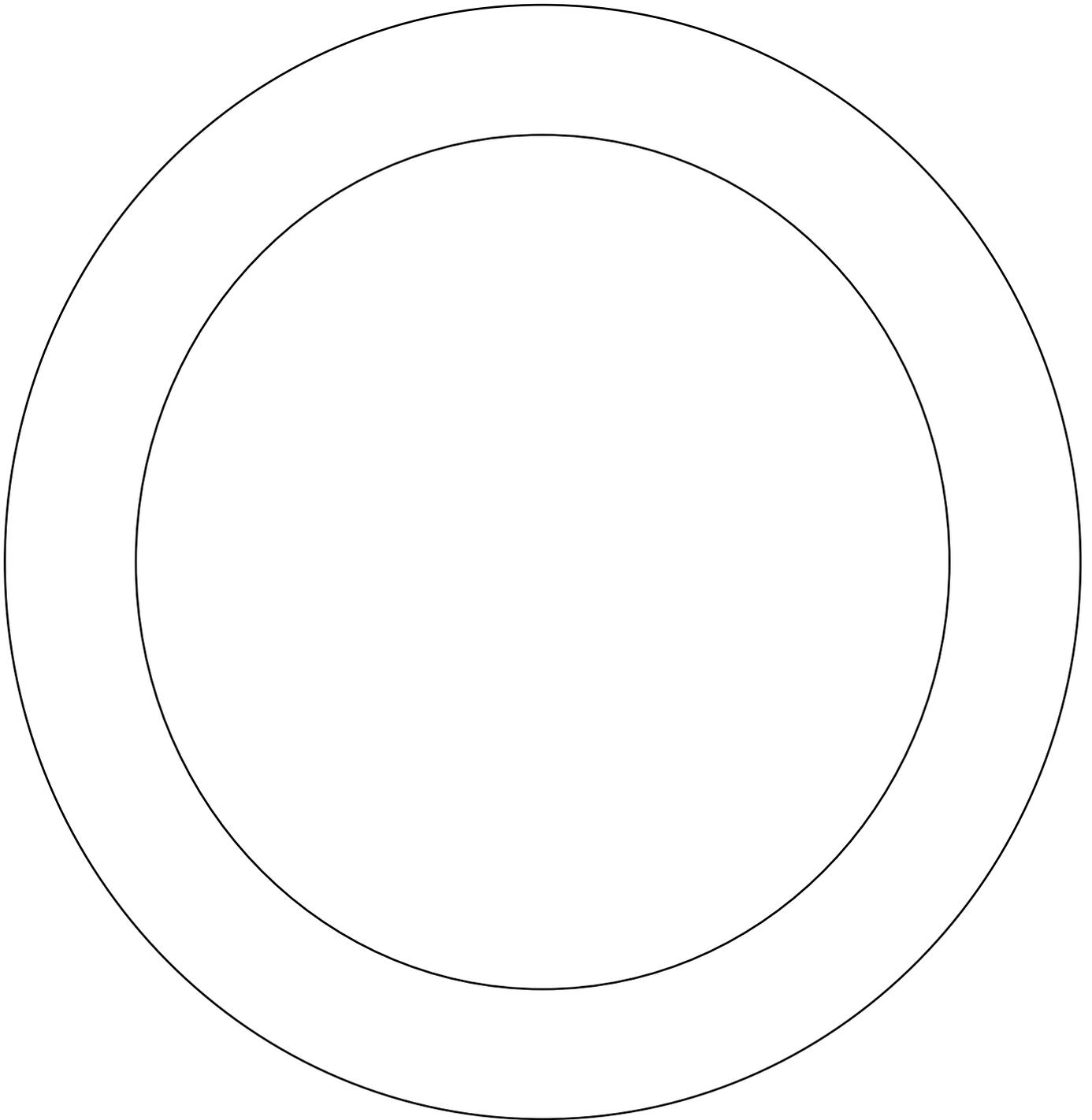


# Fill your plate



Nice, warm food nourishes our body.

Nice, warm words nourish our self-esteem.

Write your name in the middle of your dinner plate, then move around the classroom writing positive words or messages to 'fill the plates' of the other children in your class.

# My wonderful wall

	Name:	

Strong walls need lots of bricks, each brick has an important job of holding the wall up so that it doesn't fall.

Can you help your class to build their own wonderful walls?

Strengthen their bricks with a positive word or message.

# Self-esteem script

Name:

Kind words and compliments are the self-esteem scripts needed to feel happy and safe.

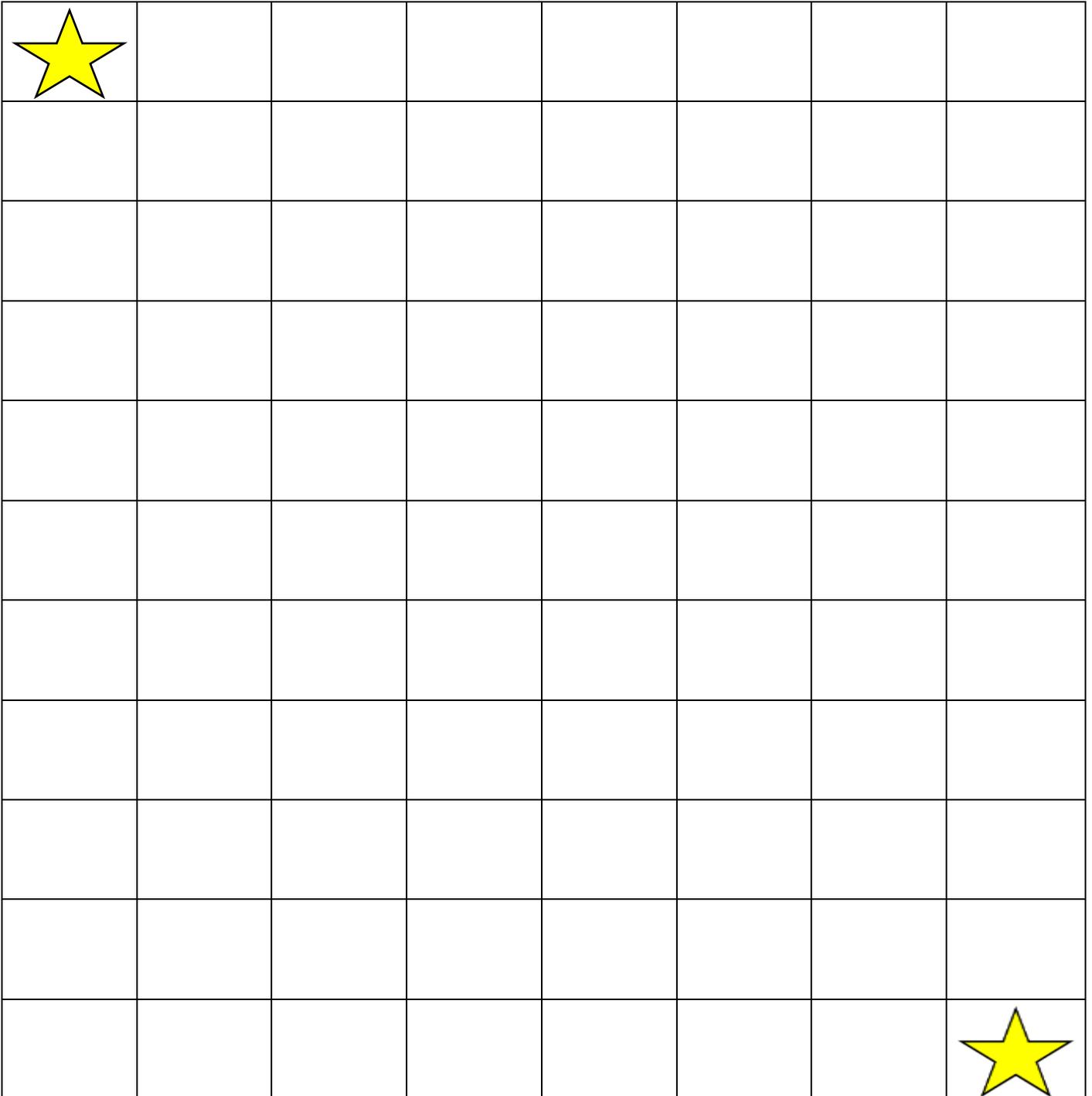
Step 1 - write your name on the paper, fold and place in the middle of the circle

Step 2 - Pick a piece of paper from the middle, write a positive message to the person whose name is on the paper, try to keep it secret! (if you pick your own name, pick again)

Step 3 - Fold and place back in the middle of the circle

Step 4 - Everyone picks a self esteem script to read out to the class.

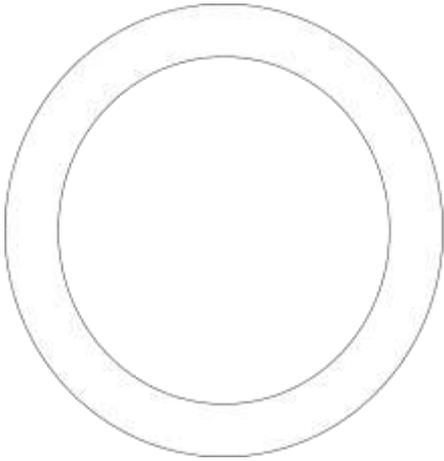
# Find your hidden wonder



I think you are wonderful; can you find the reasons why?

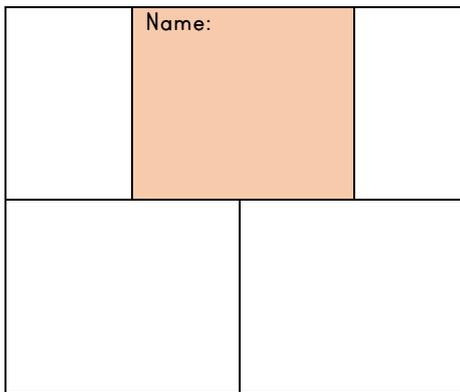
You are wonderful because you are:

## Teacher tips:



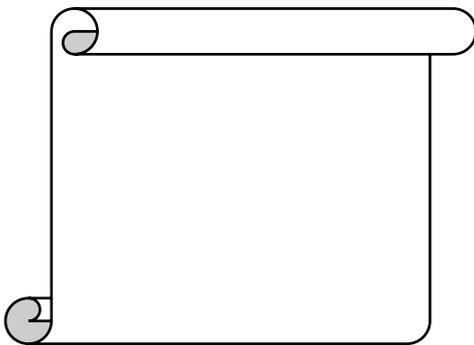
Fill your plate. This activity would work well combined with a lesson healthy eating. Teachers could make links between physical and emotional health at a very early age.

Alternatively, the class could pick different foods to represent different qualities e.g. grapes – funny, bananas – kind etc. The foods cut then be picked and placed on the children’s plates.



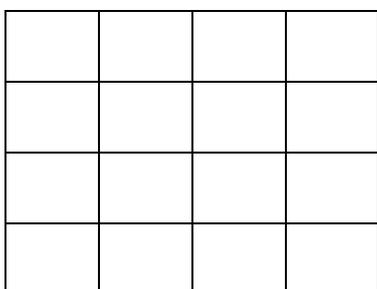
This wall would make a lovely class display. The separate walls cut be cut out and placed together to create a class display.

Alternatively, the wall could be used to discuss hurtful actions. E.g. what could knock this wall sown? Children could write things like ‘not letting someone play with you’ on post it notes and place over the bricks. Great tool to generate discussions around friendship.



NOTE – THIS ACTIVITY SHOULD ONLY BE USED IN CLASSES WHERE STUDENTS KNOW EACH OTHER WELL AND RELATIONSHIPS ARE ALREADY POSITIVE. CARE SHOULD BE TAKEN.

After the activity students could discuss how it felt to hear nice words spoken about them.



As a class, discuss a range of positive adjectives and what they mean. Students could work in pairs to role play the adjectives. Once students are secure with meanings and spellings, they can create a personalised word search for a friend to complete. Additionally, this would be a lovely goodbye gift for a teacher to hand out to students at the end of term.