

You're a Star

Source: Jodi Crane

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Theme: Self-Esteem

Recommended Ages: Four to Twelve

Modality: Individual, Group

Goals

- Improve self-esteem by increasing awareness of loved ones, caregivers, and helpers
- Provide a method of coping with future emotional issues

Materials

- Large piece of paper, preferably cardstock
- Markers
- Glue

Description

Write the child's name in large letters in the center of the page using the child's favorite color. (Older children can do the writing themselves.) Draw a star around the child's name. Ask the child to name all the people who care about her/ him. As the child names the people he/she knows, write those names all over the page. The goal is to fill the page with many, many names.

Some younger children need hints to help them identify people's names to write on the page. Also, make sure the practitioner's name is on the page somewhere.

Once this is done, let the child know that she/he is a star! Suggest to the child or the parent that the picture be kept in a safe place, laminated or framed and hung up in the child's room. This way, whenever the child is feeling sad, lonely, or scared, she/he can look at the picture and be reminded of all those who care about her/him, providing the child a way to cope with the feeling.

This activity may be modified for a group format. In this case, group members could write their names on each other's pictures.

Process this activity by asking the following questions:

1. Tell me about the people you included in your picture.
2. Who do you feel closest to?
3. How do people show they care about you?
4. What are some ways you can ask for help?