



4-H VOLUNTEER INFORMATION SERIES

N e b r a s k a 4 - H Y o u t h D e v e l o p m e n t

Club Activity Idea: Self-Esteem – About Me

Outcome Area: ___ SET X Healthy Lifestyles X Life Skills ___ Career Development

Curriculum Area: Leadership

Specific Project (s): *Leadership 1*

Description of Activity: Designing a “table tent.” Developing positive self-esteem in children is an important responsibility for all adults who interact with them. When children feel good about themselves, they are better able to resist negative influences in their lives.

Age Level: 8 – 12 years old

Group Size: Groups of 5 - 10

Time Involved: Preparation time: 15 minutes Activity time: 30 minutes

Materials Needed:

- Magazines with lots of photos
- Glue
- Markers
- Scissors
- Cardstock paper

Activity:

Directions

- Place supplies in middle of work area.
- Tell the children to select a piece of cardstock and fold it in half horizontally (hamburger style).
- Have the children write their names on the center of one side of their folded paper.
- Explain that they have just created a name plate which is called a “table tent.”
- Have the children draw and/or cut out photos from the magazines that tell “who they are and/or what they are good at” and place them on their table tents around their names.

- Allow 15-20 minutes to create the table tents.
- Have each child explain his or her table tent to the entire group.
- These can be displayed during each club meeting and even added to throughout the year.

Discussion Questions

- How did you decide what to put on your table tent?
- What things on your table tent make you special or unique?

Discuss how each of you is a very special person. You were born with and develop skills, talents, hobbies and interests that are unique to you. Identifying and understanding your special characteristics, skills, interests, hobbies and feelings helps you feel good about yourself. It is important to feel proud of what makes you special and unique.

- How did identifying your interests, skills and unique qualities help you feel good about yourself?
- How will learning about other people help you?
- What are some positive, unique qualities about the person sitting next to or across from you?
- What would you do differently next time you make a table tent?
- How might your table tent be different in five years from now?