

# Engage

7-11s discover the adventure!

GB@home



## Self-esteem

Introduce the theme of these activities. 'Love is something that when you give it away, you end up getting more!' These words, from a popular primary assembly song, aptly show our desire to not only show love but to be loved. Being loved and valued helps to raise self-esteem.

Value/characteristic: **Value**

Character: **God**



## Plug in

It's important that children are taught about how their words can impact others and damage their self-esteem.

One activity you can do to explore this with your child is as follows...

- Show a picture of a person (perhaps from a magazine/printed out).
- Pass the picture between yourselves; every time you hold it, say something horrible about the person in the picture and screw it up a little.
- Once you've passed it a few times, ask 'Is this how this person is meant to be?' and encourage them to realise that it's not.
- Use this to illustrate that our words can be painful to others and really hurt them – causing them much damage.
- Next, pass the person around again – this time saying something kind each time, while unravelling the picture.
- Look at the person picture now and explain how they're getting back to how they were originally designed to be.
- Point out some of the marks/creases and explain that there's still some 'undoing' and work to be done; but the great thing is Jesus wants us to turn to Him for help as we seek to notice and put right those things which we may have said that have been hurtful.

## Activate

Peer relationships are extremely important to children's development and self-esteem. Unfortunately it's often through bullying that their self-esteem can be damaged.

Current research by the Anti-Bullying Alliance (ABA) shows that 24% of children and young people will experience some form of cyberbullying.

To help combat this ABA has put forward a series of proposals that can be found on its website, designed to help both children and parents know how best to respond to cyber-bulling – <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/online-bullying>

Using the Anti-Bullying Alliance website, research cyber-bullying with your child and then get them to create a poster to help prevent it, to help people who are being cyber-bullied. Explain that being a good friend to someone can make them feel loved and valued. Display your poster for others to see.

## Reconnect

Get your child to write/say a prayer for people who are struggling with low self-esteem and also for all their friends at GB/their club – that they may realise that God loves them and they were created in His image.