



n:vestigation: Self-esteem

Explore It!

Share this story as an introduction. Gabby met Barney as he walked home from church. 'What did you learn about today?' she asked. Barney replied 'We looked at the bit in the Bible called Genesis which explains God making the earth and all that's on it – including us humans.' 'Wow!' said Gabby. 'It sounds great, but I wonder why He created people.' Barney said 'Our Sunday School teacher said it was so we could experience His love. God loves you and me and everyone – even though we're all different.' **Let's n:vestigate!**

Get Mucky!

Why not help your child to develop their self-esteem by encouraging them to create their own 'special person box'?

You'll need: a shoebox/other container, glue, scissors, pens/pencils, tissue paper/sequins/glitter/stickers/ any decorations you have and mirrored card/ an old mirror.

- Decorate the shoebox using the decorations you have.
- On top of this shoebox place a mirror/mirrored card.
- Encourage your child to regularly add to the box things which are special to, and special about, them.
- Regular times can then be made for the child to open the box and share about their special things/characteristics with the rest of your family.

Dig Deep!

Remind your child that they are precious in God's eyes. Learn some Christian songs together to remind them of this - you could even create some actions. Here are some to try out...

- God loves me – <https://www.youtube.com/watch?v=QEnI0ocsWYA>
- Our God is a great big God – <https://www.youtube.com/watch?v=-gji65RVaKM>
- Jesus' love is very wonderful – https://www.youtube.com/watch?v=CaMVjO_GruA
- This little light of mine – <https://www.youtube.com/watch?v=cKkbIZtqhyQ>



Zoom In!

You'll need a bag with the following in: A wooden spoon, a toy, a painting/drawing done by your child, a mobile phone, some jewellery and a picture of an expensive car/your car keys.

Discuss all the items. Ask your child which item they think is the most special. Attempt to sort the items with them from least special to most special.

Explain that some things are not special and can easily be replaced e.g. wooden spoon. Then discuss those items which might look important because they're expensive e.g. the car.

Finally discuss their painting which has no monetary value, but is of huge importance to those who own it because of who painted it for them. It's not something's monetary value which makes it special or important. Ask your child if they know how special they are!