

## SHINE LIKE THE SUN

**Grade level:** 3-4 elementary

**Estimated time:** 20 minutes

**Theme:** Self-esteem

### Objectif

Recognize personal worth

### Material

- One sun per student (2 if you choose the longer version)
- Pencils

### Procedure

The children will keep their sun and can colour it after the activity. The activity can be broken down into multiple steps depending on how much time you have.

- Pick between version 1 and version 2.
- You can also combine both versions (our suggestion). This way, students have the time to grasp their qualities and have a better understanding of their personal worth. If you pick this option, you may have to distribute two suns to each student.

#### Version 1

1. The teacher distributes a drawing of the sun to each student and asks them to take out a pencil.
2. Explain the activity:
  - Each student writes their name on the sheet of paper and then hands it to another student.
  - The other student will write a quality or something they like about the student whose name appears on the sun.
  - Repeat this step until all students have written in each sun.
3. The suns are returned to the respective students who in turn take the time to read what the comments left by the other students.

#### Version 2

1. The teacher distributes a sun to each student and asks them to take out a pencil.
2. Explain the activity:
  - Each student writes their name on the paper.
  - Then, each student writes in the sun 3 things they like about themselves (qualities) and 3 things in which they excel (sport, art, talent, etc.)
3. Give the students the opportunity to share what they have written in their sun.



### Discussion points

- How do you feel when you read what others wrote about you?
- How do you feel about what you have written about you?
- Was it easy or hard to find your own qualities? Why do you think that is?
- Was it easy or hard to find qualities for your peers? Why do you think that is?
- Was it easier to find your own qualities or your peers' qualities? Why do you think that is?

### Conclusion

Everyone has qualities and flaws, it's normal because no one is perfect. However, it's important to be able to find our positive traits, because it allows us to be confident and to succeed. Everyone has value!

