

Friends Club



Self-Esteem

Additional Project Ideas

Build each other up. Put each girl's name at the top of a piece of paper. Pass the papers around and have the girls write at least one positive comment about the girl on her piece of paper. Keep passing the papers until each girl writes something about all of the other girls in the club. Encourage the girls to keep their papers somewhere safe. This exercise will be a great encouragement to the girls for years to come.

Write a letter. Pair up the girls. Have each set of girls pray together before writing. The letter should begin "Dear (name)." Let the girls know that you're putting 15 minutes on the clock and they should write for the entire 15 minutes. Talking or laughing with anyone other than their partners won't be tolerated during this activity. Have the girls write about two things that they appreciate about their partner and one area where their partner could improve. Instruct the girls on giving constructive criticism before the activity begins. If the girls run out of things to say about their partner, encourage the girls to ask questions of the other person or write about themselves. Have the girls exchange letters and talk about what they've written. After the girls have shared with each other, encourage them to discuss what they learned and how they felt with the group. Encourage the girls to pray for their partner throughout the Self-Esteem unit.

Ask around. Have your girls interview their parents about their birth. Encourage them to ask about the time leading up to the time of arrival, how parents felt, and how their birth was different from their siblings. (Be sensitive to girls who have a difficult home life. Provide an alternate activity if some girls will not be able to talk with parents or other family members about their childhood.)

Research it. Have the girls research the human body and the things that make the human body unique. Encourage the girls to share their findings. Talk about the special design God has for each one of their lives and why they are important.

Think about it. Encourage each girl to take time during the week to write about the things about her that make her special or are positive characteristics. Many of the girls will have difficulty doing this, but have them think of positive things their friends, parents, or teachers would say about them.

Resource Ideas

- *Dorie, The Girl Nobody Loved* by Doris Van Stone, Moody, 1981.
- *Green's Not your Best Color* by Meika Phillips, Standard 2007.
- *Finding Out Who You Are* by Melody Carlson, NavPress 2005.

Additional Discussion Questions

Discovery #1

- Why did God make human beings?
- What are some special things that God did when He designed us?
- How does it make you feel to know that God has a special design for your life?

Discovery #2

- What is self-confidence?
- What is self-esteem?
- Why are these two different?

Discovery #3

- Why is it important to have self-esteem?
- What are some things God has asked you to do that you've been scared to do?
- What can we learn from Moses?

Discovery #4

- How can you learn to have self-esteem?
- How do building up your mind and growing spiritually help you develop self-esteem?
- How can the type of friends you choose affect your self-esteem?

Discovery #5

- Is everyone special?
- What can you do to help those around you know that they are special and loved by God?
- What can we learn from Jesus about showing compassion?

Discovery #6

- What can you do to help your friends value themselves more?
- What are some ways you can exercise self-esteem?
- How can you encourage people around you?