

ZERO - Activities



"ZERO" EXERCISE IN FINDING VALUE IN OURSELVES

Purpose: If we think of ourselves as a circle, how do we 'fill up' our understanding of ourselves? Is it with positive thoughts, or negative thoughts?

INSTRUCTIONS: Have the children draw a circle.

Ask the children to write what they LIKE about themselves INSIDE the circle.

As an alternate exercise, have others (parents, teachers, other students) write positive things about that child on the OUTSIDE of the circle. Ask the student to hang it up on the wall somewhere in their home where they can see and reflect on it.

Is there a way they can use these positive things about themselves to help someone else in their life? Someone who could use their help?