

CREATE A BOX OF MEMORIES

Self-esteem is not fixed, it can be changed. Through this activity, the children can create a growth-oriented mindset by focusing on who they are and what they're capable of.



WHAT TO DO:

1. Find a big enough box to store certificates, pictures, and objects they have made at school, at home, or in youth groups.
2. Discuss with the child what sorts of things to place in the box. Suggest that it includes not only medals or awards for winning, but also certificates or recognition received for hard work or extra effort put in.



3. Place objects in the box over a semester or school year.
4. Return and review the box's contents over time and ask the child to remember how hard they worked, the obstacles overcame, and the difficulties faced.

Consider what was challenging. How did they overcome it?
How does it compare with challenges now?

This activity can help the children boost their confidence and have a more positive outlook in life.



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