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WHAT MAKES YOU SPECIAL?

SUMMARY: The purpose of this activity is to increase the child’s self-esteem by helping him or her recognize their unique strengths and special abilities.

MATERIALS NEEDED
- Lesson 1 Activity Sheet (on CD)
- Pencils, markers, and/or crayons
- How Do I Stand in Your Shoes? (available through YouthLight, Inc.)
  - refer to pages 1-5

TIME NEEDED: Approximately 30–40 minutes

PROCEDURES
1. Ask students to define the words talent and special ability.
2. Then ask students to name some special talents or abilities that others may have and list them on the board (drawing, singing, playing an instrument, being good at a particular sport or subject, etc.).
3. Ask students to think of the special talents they have and to complete Lesson 1 Activity Sheet by drawing themselves showing their particular abilities.

DISCUSSION QUESTIONS
1. Why is it important to know and appreciate your special talents and abilities and those of other people?
2. Who are some people who are proud of you and your talents?

FOLLOW-UP ACTIVITIES
- Have students observe others in the class and compliment them on their talents.
- Have class make a list of students and the talents/abilities they have. Then use the list to assign jobs when working together on group projects.
- Have students interview their parents and siblings to determine their special talents.
Name That Feeling!

- [ ] Happy
- [ ] Angry
- [ ] Sad
- [ ] Surprised
- [ ] Confused
- [ ] Calm

How Do I Stand In Your Shoes? Lesson and Activity Guide by Susan DeBell © YouthLight, Inc.
A student is very nervous about speaking in front of the class. How can you help him or her to be brave and show him or her empathy?

Characters – one will be the nervous student, the rest will help him or her to be brave.

- What will they say to each other?
- How will the helping students show empathy to the nervous student?

Write a short script and practice.