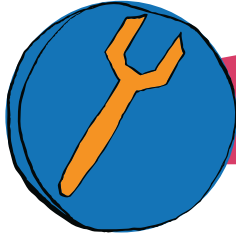


I'M ONE OF A KIND



TOOL 2F: 'EYE SEE YOU!'

LINKED TO:

- This tool can be used in all situations where you might engage children directly
- Sections 2.1, 2.2, 2.3, 2.4, 2.5, 2.10, 2.11, 4.9, 5.3, 5.4, 5.5 & 5.6



WHY?

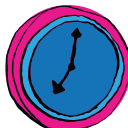
Kids often pick up on negatives: particularly in stressful or difficult times and places. This is a quick, easy and fun activity that helps adults to get into the habit of reminding kids about the positives they see in them and for kids to build their self esteem.

- To help adults give kids positive affirmation
- To help kids feel good about themselves
- Helping adults connect with kids
- Helping boost self esteem



WHO WITH?

- Children aged 4-10 years
- One-on-one, in groups or in families



TIME?

- 5 seconds to 5 hours!

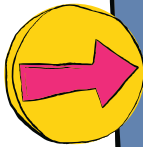


YOU'LL NEED?

- nothing



I'M ONE OF A KIND



WHAT TO DO:

- Think about something good about the child or something good that they've done.
- Say to them: 'I'm thinking of something good (or something good that you've done) about you that starts with the letter...' and fill in the first letter of that word. (This is just like 'I spy', which many people know!). For younger kids maybe use a sound (like mmm).
- Get the child to guess a positive word that begins with that letter and keep on going until they get it right. When they make an incorrect guess rather than saying 'no, that's not it', try 'yes, you are good at making your bed, but I'm thinking of something else.'
- Take turns choosing and guessing words that describe good things about each other – it builds on a kid's sense of generosity and giving.



SOMETHING DIFFERENT?

- Have this as a structured activity – or just something that you drop into an everyday conversation. The more fun and relaxed it is the more likely kids are going to want to play at other times too.



HAZARD ZONES:

- It's important that this is a positive experience for children – so it's important not to send the message to the child that their answer is wrong, silly or limited (ie 'you're not good at music', 'your mouth isn't something your good at, sheesh!' or 'yeah, I suppose you're kinda good at making things – though that bird bath you made was pretty hopeless!'). Set up some ground rules and help kids explore these positive interactions.
- Some kids will find it difficult to identify strengths. That's OK: it's a great opportunity to build them up by making suggestions or asking other family members / workers for ideas.