



Meeting

4

Hooray for Me

Here are some fun activities that encourage Little Lambs to play and explore while learning about self-esteem. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



MEETING LENGTH

60-80 MINUTES

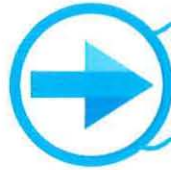
- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about self-esteem.

REQUIREMENTS COMPLETED

MY SELF



Lamb Tales

10

MINUTES

SELF-ESTEEM

Have each child say something they are good at. Let them know that God made each of them special. Then read the book you selected. After the story, sing "What a Miracle" by Hap Palmer. Lyrics and music for "What a Miracle" can be found at songsforteaching.com/happalmer/whatamiracle.htm or in the iTunes store.

MATERIALS NEEDED

- *What I Like About Me* by Allia Nolan (Reader's Digest, 2009) or a book of your choice





The following activities fulfill the requirements for My Self I.

Self-portrait Puppet

10
MINUTES

1 ACTIVITY

WHAT YOU DO

Ahead of time: Purchase yarn in the same color as your Little Lambs' hair and cut the yarn into the lengths listed in the box on the right. Make a completed puppet for the children to see before they begin this project.

Show the children the puppet you made. Then let them create their own paper bag puppets by gluing on yarn for hair and buttons for eyes, and using crayons to draw the rest of the details. The children may or may not make a puppet with their own hair and eye color. That's okay. Let them have fun and create the puppet any way they want.

MATERIALS NEEDED

- Yarn, 4 and 10 in (10 and 25 cm) pieces
- Buttons
- Paper lunch bags
- Crayons or markers
- Glue





ACTIVITY

2

Unique Me

10

MINUTES

WHAT YOU DO

Ahead of time: Set up stations where children can discover information about themselves.

MATERIALS NEEDED

- Bathroom scales
- Yardsticks
- Balloons
- Ink pads
- Paper
- Magnifying glasses
- Samples of fruits and vegetables
- Index cards
- Stickers
- Cell phone, tablet, or other audio recording device

Suggested discovery stations

1. Weigh and measure each child.
2. Blow into a balloon to see how big a breath they can take.
3. Take their fingerprints and then look at them with a magnifying glass.
4. Taste different fruits and vegetables. Give children a card with a picture of each of the foods they tasted and have them put a star sticker by each food they liked.
5. Record their voices and then have the children guess whose voice is on the recording. (You may want to do the recordings ahead of time.)



I Can Be Anything

15
MINUTES

WHAT YOU DO

Ahead of time: Find pictures of people doing different jobs. Make sure the pictures include men and women and people from different ethnic backgrounds. Then gather items that the children can use to dress up and pretend to be the people you selected.

Encourage the children to dress up and play.

3 ACTIVITY

MATERIALS NEEDED

- Pictures of people doing different jobs
- Dress-up clothes

Suggestions for dress-up:

Firefighters Rain coats and garden hoses

Nurses Scrubs (cotton tops worn by nurses), Band-Aids, and stethoscopes

Police Officers Badges, pens, and paper

Chefs Aprons, spoons, bowls, and measuring cups

Artists Smocks and art supplies

Construction Workers Hard hats, toy dump trucks, small hammers, and wood

Veterinarians Oversized white shirts (lab coat), stuffed animals, bandages, dog brushes



ACTIVITY

4

I Can Write

5

MINUTES

WHAT YOU DO

Ahead of time: Print each child's name on a separate piece of paper. On additional sheets of paper, draw shapes—circles, squares, and stars. Depending on the abilities of your Little Lambs, write letters of the alphabet or words on sheets of paper. For each letter of the alphabet, include a picture of something starting with that letter and for words, include a picture of the word.

MATERIALS NEEDED

- Paper
- Crayons

Give the children lots of paper and crayons and let them copy their names, shapes, and alphabet or words.

A B C D E F G H I J K L M N
O P Q R S T U V W X Y Z

Good-baa Little Lambs

5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: Why is it good to be you? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



Requirement: My Self I