

week 3 *july 20-24*

love yourself

week 3 celebrate those you love

This week, we are learning to love ourselves. Sometimes it can be hard to see what makes us special, so it helps to ask other people what they see in us!

With the butcher paper and markers, draw everyone who lives in your house. Ask for help if there are a lot of people in your house! Hang the big paper somewhere central, a place everyone walks by every day. Every day, you and your family members will write things about the other people in the house.

On Monday, everyone will write something they like about the other people.

On Tuesday, write something that makes you proud.

On Wednesday, write something you are grateful for (for example, "I'm grateful that Dad cooks us dinner every night").

On Thursday, write something that makes you happy.

On Friday, write something that you love about each person.

At the end of the week, you can choose to keep your creation and put it in a place of honor, or you can take a photo of it to save. Consider revisiting this project throughout the year; you can make each week about one person or do everyone in a week again. Save photos of the creations for a collage at the end of the year.



Celebrating families of all shapes and sizes.