Positivity Art

The aim of this activity is to:

- To support the development of the young people's confidence and self-esteem
- To help young people to identify their own insecurities and reflect on these
- To support young people to turn negative thoughts about themselves into positive pictures

Resources needed:

- Paper/cardboard to draw on
- Pens/pencils to draw
- Material to decorate (optional)

Method

See picture for an example. Begin session with a discussion around what young people think self-confidence and self-esteem is. Young people should then be encouraged to write down negative thoughts or insecurities about themselves on a piece of paper and then turn this into a personal piece of art.

Where appropriate use questions to encourage the class to explore themselves further and, if they are happy to, discuss why they feel certain ways towards themselves.

Consider the room layout for this activity - some young people may not feel comfortable about others seeing the words they use. Offer children a choice regarding where to sit.

