**What Makes Me Special?**

Video Link: <https://youtu.be/7occ62I8AbY>

**Description:** How do you find inner strength when you are feeling stressed? During this activity, families will share their stories about inner strength and what they do when they face stress in their lives. Families will work together to think about *what makes them special* and talk about how remembering our great qualities can help when feeling upset or overwhelmed.

**Time:** 25-30 minutes

**Materials:**

* Pencils or pens
* Markers, crayons, or colored pencils
* What Makes Me Special? handout
* Blank paper or journal

**Steps:**

1. Introduce the activity by reading the description (above) and pass out pencils, coloring supplies, and the What Makes Me Special? Handout to each family member.
2. Begin by having everyone in the family fill out the top part of the handout.

* My name is ­­­­\_\_\_\_.
* I have \_\_\_\_ hair.
* I have \_\_\_\_ eyes.
* I am \_\_\_\_ years old.
* I am in the \_\_\_\_ grade.
* My favorite quality about myself is \_\_\_\_\_.

1. As a family, talk about what makes each person special and discuss your favorite qualities of each family member. Be specific!
2. Next on the handout, ask everyone to write their own answers to the questions in the boxes on the left side. (An example has been provided in the last box.) Have every member finish the sentences:

* My favorite music to listen to is:
* My favorite activity or sport is:
* My favorite part of the school day is:
* My favorite place to relax at home is:
* I am grateful for:

1. Now, draw a picture in each of the boxes on the right side and decorate with the coloring supplies! If you need extra space for drawings, you can use the journal provided in your box, the other side of your handout, or a blank piece of paper.
2. Once everyone is finished, have each family member share what they wrote and drew on their page.
3. As a family, discuss what you do when you feel stressed and how you find your inner strength during hard times. Remembering our strong, great qualities can help us when we are feeling sad, angry, or stressed!