

Ontario Dress Purple Day: Lesson 2



Activity: My Name Bookmarks

Grade Range: Grades 7-8
Task Time: 30-40 minutes
Activity Objective: <p>The purpose of this activity is to have individuals design bookmarks with their names as the central focus and to include positive messages and pictures for boosting their self-esteem.</p>
Materials Needed: <ul style="list-style-type: none">• Blank bookmarks (can be cut out from Bristol board)• Writing and colouring utensils
Activity Description: <ol style="list-style-type: none">1. Explain to the class that sometimes boosting our self-esteem or feeling good about ourselves can come from very simple gestures, including just appreciating something about ourselves. This would include our names, which are uniquely ours and become part of our self-concept.2. Explain that individuals will be designing a bookmark with their names on it and they will add, in words and pictures, positive aspects about themselves. They can also look for and add their favourite quotes and sayings.3. Give individuals about 20 minutes or so to work on their bookmarks and then gather for a class discussion:<ul style="list-style-type: none">➤ <i>Is it sometimes hard to think of positive qualities in ourselves? Why?</i>➤ <i>Why is it sometimes easier to tell someone they are liked and accepted, but difficult to tell that to ourselves?</i>➤ <i>What are some ways we can be kinder to ourselves? How would that boost our self-esteem?</i>➤ <i>How do you feel when you look at your bookmark?</i>
Adaptations: <ul style="list-style-type: none">• Once the bookmarks are complete, give individuals an opportunity to present their bookmarks and why they chose their particular design as an opportunity for the class to get to know one another better.• Instead of a bookmark, individuals can choose to make a collage using pictures and words that represent themselves. Otherwise, they can produce a piece of creative writing in journal around their positive qualities (e.g., a poem, lyrics to a song, etc.).

Comments and/or Additional Resources:

- Individuals do not have to finish their bookmarks during one session. Rather, provide them with a little bit of time through the modules to work on these bookmarks.