1. Spend 3-4 minutes thinking about a time in your life, before age 13, that you felt proud of yourself. Write that memory below in the space provided.

________________________________________________________________
________________________________________________________________
________________________________________________________________

2. Illustrate your experience on a separate piece of paper.

3. Get into groups of 3.

4. Take turns sharing stories with your group members. Listen carefully as others are telling their stories. As each person speaks, closely observe their body language, emotion, and speech.

5. Write down 3 positive words (on an index card) that describe each person based on the story they shared.

6. Take turns sharing your descriptive words with each of your group members.

7. Give each group member the index card with words describing them.

8. What words did your group members use to describe you?

________________________________________________________________
________________________________________________________________
________________________________________________________________

9. Reflection: How did this experience make you feel? Write your comments below.

________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
Try This At Home:
Connecting Through Storytelling

1. Set aside a few moments of alone time with your child, or practice this activity as a family. This activity can be done using this worksheet or simply through conversation.

2. Ask your child to spend 3-4 minutes **thinking about a time in his/her life, that he/she felt proud of himself/herself.**

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

3. Share 2-3 positive words you feel describe your child based on the experience he/she shared.

   Child/Family Member: __________________________
   Words that describe them: 1. ________________ 2. ________________
   3. ________________

   Child/Family Member: __________________________
   Words that describe them: 1. ________________ 2. ________________
   3. ________________

   Child/Family Member: __________________________
   Words that describe them: 1. ________________ 2. ________________
   3. ________________

4. **Optional:** Share your own memory with your child.
   
   **Optional:** Share with your child a time you were proud of him/her.
   
   **Optional:** Have your child draw a picture representing his/her memory.

5. Ask your child how this experience makes him/her feel.

   Notes: ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________