

Date: 02/22/2020

Host: Kim (Leader) Alexis (Host)

Theme: Self-Worth (Productivity)

Playhouse Name: Madison for GiGi's At Home

Social Development:

- **Opening**

Welcome the group, provide instructions, review goals for the program, announcements (celebrations, birthdays, etc.)

Quote of the Week: "Your worth is not measured by your productivity."

Speech & Language Development:

- **Icebreakers (10 minutes)**

Take turns allowing each person to introduce themselves in a game style while others arrive.

- Activity: Self-Worth Icebreaker: "What does self-worth mean to you?" and/or "How do you encourage your friends to have a positive self-worth?"

Gross Motor Development:

- **Cooperative & Social Activities (30 minutes):**

Choose 2-3 activities for participants to participate in based on the programs theme. Remind participants of expectations and appropriate social skills.

- Activity 1 (15 min.): "How to Remember Your Worth" Discussion: Provide participants with tips for remembering their self-worth and allow them to come up with/share some of their own ideas.
- Activity 2 (15 min.): "I Am Worthy" Activity à Discuss responses to prompts with participants.

- **Closing: (5 Minutes)**

Plan for the next session, wrap-up, tell friends good-bye.

- Set Goal: Acknowledge your self-worth by practicing at least two of the tips we discussed today throughout the week!



How to Determine your self – worth discussion; <https://www.healthline.com/health/your-productivity-doesnt-determine-your-worth-heres-how-to-let-that-sink-in>

I am worthy activity board game with digital dice link; https://cf.ltkcdn.net/printable/files/3267-Self-esteem_game.pdf <https://www.random.org/dice/?num=2>