

<b>Materials</b>	Blank piece of paper, markers, other art supplies to decorate like stickers or sparkles (optional)
<b>Learning Outcome</b>	Demonstrate self-awareness by identifying positive personal characteristics and relate them to yourself.

## Description

Draw an outline of a t-shirt on a blank piece of paper or print an online template. Brainstorm different positive words that can be used to describe yourself (e.g., smart, funny, kind, happy). Explain that these are known as characteristics. Ask the child what characteristic(s) they feel are most like them.

Provide them with the t-shirt template and have them write the characteristic(s) they chose and on the t-shirt template and design it. For younger children, help them with writing as needed. If available, provide a variety of art supplies to decorate the t-shirt template. Post the t-shirt design somewhere and refer back to the characteristics the child identified about themselves when they need it.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Do any family members or friends have the same characteristics? Which ones?*
- *When you are feeling sad or angry with yourself how could you use the t-shirt you designed to help you with your feelings?*