

# GRADES K - 2 | MAGNIFICENT MARVELOUS ME!

## PRIMARY SEL GOALS:

- Self-awareness
- Self-management
- Social awareness

## PRIMARY THERAPEUTIC GOALS:

- Examine identity
- Explore and develop personal values
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Identify support systems

Magnificent Marvelous Me! gives kids a chance to name their emotions, identify their support systems, and recognize dreams for the future. This 48-page therapeutic activity book is designed to decrease isolation and helplessness, increase self-esteem and self-awareness, offer a safe place for confusing feelings, and help build resilience and coping skills when faced with challenges. Includes 25 different activities including drawing, writing, and coloring with prompts about identity, community, and emotional vocabulary.

## Therapeutic activity book for kids:




sample book activity

## Companion curricula for adults:



**LESSON 5: TREE OF LIFE PAGE 7**



**"Many a man with no family tree has succeeded because he branched out for himself."**

—Leo Alkman

**SEL SKILL DEVELOPMENT:**  
Identity Building, Relationship Skills

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**Priming Activity: Tableau**

Children will create a tableau. Explain the concept of tableau (a still picture), and introduce the theater game. You will be the starting point; stand in the middle of the room and create the shape of a tree in whatever way you'd like. Maybe you're a palm tree and you hold your arms above you for friends. Or maybe you're a weeping willow and your arms and head hang limp and your face is exaggeratedly sad. Keep in mind that the type of tree you mime will help inform the scene the children create.

Model what the children will be doing by shouting out, "I'm a \_\_\_\_\_ tree!" Then call out the name of each child in your group. The children will run to the tree and create another piece of the scene beside the tree. Have children shout out what they are. For example, "I'm the sun keeping the tree warm! I'm a dog sniffing the tree trunk!" The game will be fast and is intended to be silly.

You can repeat the tableau exercise with different trees or environments. Maybe the next round you're a flower, etc.

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**Art Activity: Community Tree**

**MATERIALS:** foam, vase, or oatmeal can for base, sticks, leaves, paper, yarn, ribbon, scissors, hole punches

**PREP:** Collect photos to share of nature-based art, including leaf rubbings. Create the base of the tree from something that branches can easily pierce or stick out of, such as a stand-up piece of foam, an oatmeal can, or an old vase.

**EXPLAIN:** Here in the Magnificent Marvelous Me! group we're part of a community. And we each come from communities of our own. We're going to create a tree together as a group that highlights those communities. Each participant will have a branch in the community tree. Each branch will be different, but there is still unity in that we create a new object when all our branches come together.

**CREATE:**

1. Spend part of the first lesson on a nature walk to collect natural materials, such as sticks and leaves. Explain that the sticks or branches support the leaves and that they're going to represent the supports in our lives.
2. Back in the classroom, allow participants time to decorate their branches with things that remind them of their supports. They can write directly on the branches with paint pens or metallic markers, or write on ribbons and tie ribbons to the branches. The important part is that they focus on people who support them and decorate the branches with these people in mind.

sample curricular lesson

