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Other resources you will LOVE!



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Twinkle and Shine
Self esteem intervention for young children
All planning and paper resources included

My Family and Friends

The Twinkle and shine song

Sing at the beginning of each session

Begin by EVERYONE singing the song together but ask if anyone wants to sing it by themselves! Encourage this each session. The tune is 'Yours Song'.

I can twinkle
(child pointing to themselves)

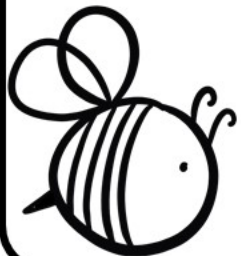
Floating on a cloud

Your happy feelings

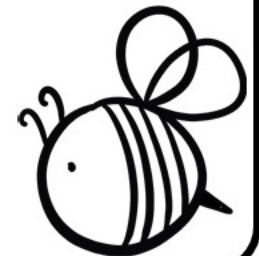
Draw some things that make you happy on the petals and leaves of the flower.

Resources for session 1

- Pictures-objects
- cotton - a hand towel or with a handle is useful
- a 1/2 litre special jar with different
- pencils and drawing pens
- The twinkle and shine song
- a building block to 'sit' against



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Print and laminate the sheet.

Both players need a peg and you need a dice. I would suggest covering up the numbers 4,5,6 on the die so as to make the game last longer or you could make a rule that if you throw a 4,5,6 you have to go back one or stay where you are.

Throw the die and whatever number you get you must move your peg up the board, one word at a time. Whichever word you land on you must say how showed this characteristic or could show this characteristic. The first person to finish and get to the top is the winner BUT you must throw the exact number to finish on the top square.

Gentle

Kind

Caring

Helpful

Fair

Truthful

Friendly

Generous

Brave

Creative

Patient



TWINKLE AND
SHINE by
reaching the star

Kind

Fair

Gentle

Caring

Helpful

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