

THIS IS ME TREASURE CHEST

ACTIVITY

Appreciating the special qualities in ourselves and in others fosters self-awareness, self-confidence, and acceptance of differences. Learn about what makes each other unique by sharing your favorite treasures!



TO MAKE YOUR TREASURE CHESTS, GATHER THESE MATERIALS:

CREATE YOUR CHEST!

- Boxes with Lids**
Shoe boxes, empty diaper wipes containers, and egg cartons all work great
- Art Supplies**
Markers and crayons, paints, glue, glitter, feathers, beads, string, pipe cleaners, stickers, shells from your last family vacation, leaves and flowers and pebbles and sticks – whatever you think is fun

FILL YOUR CHEST!

- Pictures or books
- Stuffed animals or toys
- Something from school
- A favorite shirt, tutu, hat, costume, etc.
- Anything that makes each of you feel good and shows a little of who you are

Once your chests are full, share your treasures! Talk about each item in your treasure chests together and explain why you chose them. Each treasure represents something unique about your kids – and about you!