

# MY BEST SELF

## MATERIALS |

paper, markers, crayons and other arts and craft supplies

OPTIONAL: blank face handout (see appendix)

**OBJECTIVES |** The objective of this activity is for participants to begin envisioning the kind of person they would like to be.

## FACILITATOR INSTRUCTIONS |

Introduce the concept of being our “best selves.”

- Ask participants to brainstorm what it means to be our best selves.
- Explain that being our best selves is when we feel good about who we are, when we are happy, when we feel proud of how we treat others, and when we feel we are making the best decisions we can in the circumstances we are in. It does not mean we are “better” than others or that we are winning or achieving anything in particular. It just means, as Maya Angelou says: “liking yourself, liking what you do, and liking how you do it.” The only judge of your best self is you.

Invite participants to draw or write what it looks like when they are their best selves.

- What does it look like when you are your best self? For example, maybe you’re more likely to smile or laugh.
- What does it sound like when you are your best self? For example, you might use kind words towards others and ask for help when you need it.
- What does it feel like when you are your best self? For example, you might feel pride or joy.

Ask participants to share their image in pairs, small groups, or with the large group depending on comfort and time.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What can you do this year to try and be your best self in this class?

## NOTES |

You may want to post students’ pictures somewhere so they can reference them throughout the year.



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/goals-and-aspirations/>

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