

# Self-Love Heart Drawing

To help students practice self-love, boost self-esteem, and enhance verbal expression by drawing a heart and reflecting on the things they love about themselves. This activity promotes positive thinking and helps students develop a strong sense of self-worth.



## Learning Intentions

I can practice self-love by reflecting on the positive qualities I have and what I love about myself:

..... This helps students develop self-awareness and increase their self-esteem by focusing on their strengths and positive traits.

I can express myself through drawing by creating a heart and filling it with words or images that represent things I love about myself:

This encourages creativity and artistic expression, helping students connect with their emotions in a positive way.

I can improve my verbal expression by sharing my self-love heart with the class, explaining what I wrote or drew and why I love those things about myself:

This promotes confidence in speaking and sharing positive aspects of themselves with others.



## Success Criteria

I can draw a heart and fill it with words or pictures that represent the things I love about myself:

This ensures students engage in creative expression and focus on their strengths.

I can reflect on my positive qualities and identify the things I truly appreciate about myself:

◀ This encourages self-awareness and self-compassion by helping students recognise their own worth.

I can confidently share my self-love heart with the class, explaining what I wrote or drew and why I value those traits:

This helps students develop confidence in verbal expression and build self-esteem through positive sharing.



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## Objective:

To help students practice self-love, boost self-esteem, and enhance verbal expression by drawing a heart and reflecting on the things they love about themselves. This activity promotes positive thinking and helps students develop a strong sense of self-worth.

**Players:** Ideal for 4-20 students.

## Materials:

- Paper and crayons, markers, or coloured pencils for drawing.
- Optional: Stickers or magazines/newspapers etc to cut out to help decorate their heart.

**Time Required:** 10-15 minutes.

## Setup:

• Ensure students have enough space to draw comfortably. Provide paper and materials such as crayons, markers, or coloured pencils. You may want to offer prompts like, "What are three things you love about yourself?" or "What makes you special?"

## Gameplay:

### 1. Introduce the Activity:

Explain to students that they will be drawing a heart and writing or drawing things they love about themselves inside the heart. Encourage them to think about their positive qualities, such as kindness, creativity, intelligence, or a talent they are proud of.

### 2. Start the Drawing:

Ask students to draw a large heart on their paper. Inside the heart, they can write or draw things they love about themselves, such as "I am a good friend," "I am strong," or "I love how creative I am." They can also include drawings that represent their traits, like a paintbrush for artistic talent or a smiling face for kindness.

### 3. Reflection Time:

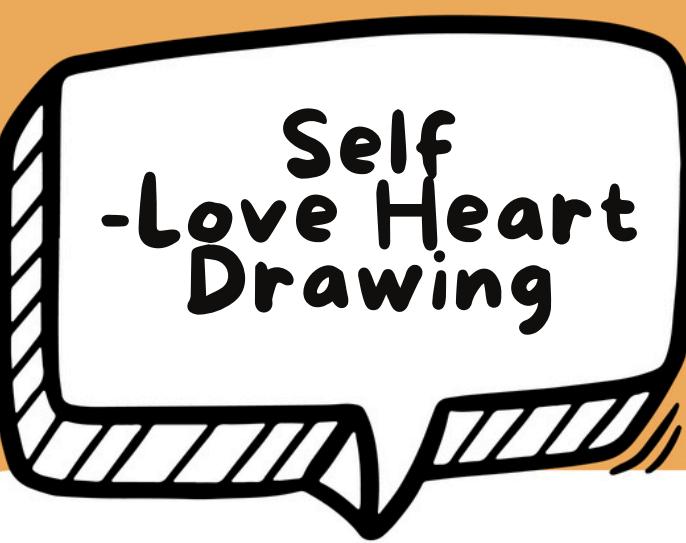
Once students have completed their self-love hearts, encourage them to reflect on why they chose those qualities. Ask them to think about what makes those traits special and how they contribute to their self-worth.

### 4. Sharing with the Group:

After everyone has finished their drawings, invite students to share their self-love hearts with the class. They can explain what they wrote or drew and why those qualities are important to them. Encourage positive listening and support when classmates share.



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## 5. Celebrate Self-Love:

Celebrate each student's heart and the qualities they appreciate about themselves. Reinforce that everyone is unique and valuable, and highlight how focusing on self-love and self-compassion can help them feel confident and happy.

## Winning the Game:

There is no winner in this activity. The goal is to help students practice self-love, increase their self-esteem, and reflect on the positive aspects of themselves. Success is measured by participation, self-reflection, and confidence in sharing with others.

## Family or Classroom Variation:

In a family or classroom setting, you can create a "Self-Love Wall" where all of the self-love hearts are displayed. This serves as a visual reminder of the positive qualities each student values in themselves. Alternatively, students can share their self-love hearts with a partner before sharing with the larger group, fostering one-on-one communication.

## Additional Notes:

"Self-Love Heart Drawing" is a powerful activity for encouraging positive self-reflection and boosting self-esteem. It helps students focus on their strengths and develop a healthy sense of self-worth. This activity can be revisited regularly to reinforce the importance of self-love and to remind students to appreciate themselves for who they are.

