

Essentially You

- Celebrating who you are -

AES Social Work Month

WHO ARE YOU? AND WHAT MAKES YOU, YOU?

We introduce ourselves by our names, but there is more to us as individuals than just our names.

We all have strengths, different qualities and features that makes us who we are.

We have unique talents and abilities that sets us apart from one another.

We may share similar interests or characteristics but we are not the same.

We are all created unique and special.



EMBRACE YOURSELF

- Definition- To happily accept your own identity and uniqueness.

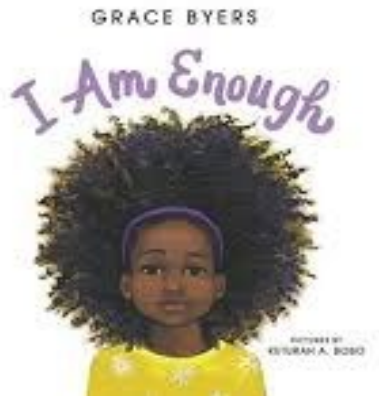
WAYS TO EMBRACE YOURSELF

- Self Love - Loving yourself, just the way you are. Accepting everything that makes you, who you are.
- Positive affirmations- statements that can be used to motivate yourself or others.



“I AM ENOUGH” by Grace Byers

- Our story for today is about loving who you are, respecting others, and being kind to one another.
- Listen for:
 - Why is the little girl on the cover enough?



STORY TIME

Click the image to watch the video



This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)



Post Reading

- Why is the little girl on the cover “enough”?



Sample Activities

- In our story today, we learned the little girl was “here to shine” just “like the sun”. Draw a picture of how you shine.
 - Create an “About Me” poster.
 - Include a picture of yourself in the middle of a sheet of paper or poster. This can be a drawing or a printed picture of yourself.
 - Around your picture write empowering words about yourself. Include qualities and characteristics of yourself.
 - For example: “I am funny,” Smart, Beautiful... Use different colors to create your stickers if you have.



stickers