VALUES EDUCATION

"Self-esteem roulette"

Self-esteem roulette 😊

3-8 years **SPECIAL NEEDS**

CONTENTS:

- **Numbers wheel:** from 1 to 24.
- **Number cards:** includes 24 round cards numbered from 1 to 24.
- **Rewritable speech bubbles:** includes 24 speech bubbles of various colours.
- **Erasable marker pens:** includes 12 marker pens to write on the speech bubbles. Each marker pen has a rubber on the lid.
- **RED self-esteem wheel:** contains real pictures that show the verbal or non-verbal action to perform. On this wheel, participants will maintain a physical distance to perform the different actions.
- **BLUE self-esteem wheel:** contains real pictures that show the verbal or non-verbal action to perform. On this wheel, some actions involve physical contact between the participants.

The game is made from strong, very hard wearing and high quality thick cardboard.

The material of the cards is eco-friendly, it comes from sustainable forests.

RED self-esteem wheel: Description of actions
a) I show the protagonist how I hug them from a distance
b) The protagonist and I bump elbows
c) I express a quality of the protagonist, something the protagonist is good at (everyone)
d) The protagonist and I look at each other without blinking (we can laugh)
e) I say something I like about the protagonist (everyone)
f) The lead person states their full name ("I am…") and the rest applaud (everyone). It is optional for the lead person to stand up when speaking.

BLUE self-esteem wheel: Description of actions
a) I hug the protagonist
b) The protagonist and I perform a high five
c) I express a quality of the protagonist, something the protagonist is good at (everyone)
d) I tickle the protagonist
e) I say something I like about the protagonist (everyone)
f) The lead person states their full name ("I am…") and the rest applaud (everyone). It is optional for the lead person to stand up when speaking.

akros FOR EDUCATIONAL PURPOSES

On both wheels, options C and E are carried out by all of the participants, except the protagonist. To do so, the speech bubbles and marker pens are used. It can also be done orally if the participants don't yet know how to express themselves in writing.

RECOMMENDED AGE:

From 3 to 8 years.

The development of self-esteem starts to be formed from a very early age. When children are very young, their self-concept is created from their interaction with the world surrounding them. If we tell a child that he or she is good at something, they will believe us and will start to feel more secure.

The wheel of self-esteem enables children's self-concept to be increased in a dynamic, fun, positive and enriching way. They will discover their skills and strengths by playing!

EDUCATIONAL OBJECTIVES:

o   To learn to give and receive positive feedback.
o   To learn that we all have skills and characteristics that make us unique.
o   To express emotions verbally and non-verbally.
o   To develop emotional intelligence.
o   To improve empathy and social skills.
o   To help to boost the feeling of belonging to a group.

METHOD OF PLAY:

Objective: To boost self-esteem and generate a climate of security in a group that helps to increase the self-concept of the participants.

Participants: a group of up to 24 participants.

1.   Choose the self-esteem wheel: RED or BLUE.
2.   The 24 number cards are shared out between the participants.
3.   A speech bubble and erasable marker pen is given to each participant (if the group is larger than 12 people, the pens will be shared in pairs).
4.   In turns, the smallest participant starts to spin the number wheel. The number it lands on will be the **protagonist** that the action from the self-esteem wheel is directed at.
5.   Next, the participant that has spun the number wheel, will spin the self-esteem wheel and will perform the action shown to the protagonist.
     In the event it lands on option C or E:
     -   The action will be performed by all of the participants.

- They will use the speech bubbles to write something the protagonist is good at (C), or something they like about the protagonist (E).
- In turns, they will show the protagonist their speech bubbles one by one.

If the participants don't yet know how to express themselves in writing, they can express themselves orally, taking turns to speak.

6. The process is repeated, but this time the protagonist spins the wheels.
7. If the same protagonist lands on the same action with the self-esteem wheel, spin the self-esteem wheel again until it lands on an option that hasn't appeared before with that protagonist.
8. The game ends when all of the participants from the group have been the protagonists at least once. Since it is ideal if everyone goes through all of the different options of the self-esteem wheel, the game can continue until this objective is met, or it can be achieved by playing several games.

* **Important**: It is advisable to clean the speech bubbles after use to keep the material in good condition.