

## TITLE: Self esteem caterpillars

<b>Aim:</b>	To develop girl's self esteem
<b>Suggested Time:</b>	Initially 5 minutes then ongoing throughout meeting with a couple of minutes to collect caterpillars at the end to take them home
<b>Resources Needed:</b>	Colours of coloured paper, Bluetac or similar, pens, Optional: small pieces of black pipe cleaner, sticky tape.
<b>Directions:</b>	<p>Each person draws a mouth and eyes on their caterpillar. Add optional antennae by sticking pipe-clearers on the back with sticky tape.</p> <p>Explain that this caterpillar needs a body of compliments.</p> <p>Each person puts their caterpillar head on the wall. Leave a pile of circles under the heads with pens. During the evening girls and leaders add compliments on body parts to each head.</p> <p>Note: leaders may have to add extra to girls who haven't got any/many from other girls.</p>
<b>Author and State, or Source</b>	<i>Amanda Doxat-Pratt NSW/ACT 2013</i>

