

Congratulations to Me

Key idea: Setting goals

Getting started:

1. Greet the group and ask the members to introduce themselves.
2. Explain that today's session will begin with an activity to help us recognize our own successes. You may want to review the definition of setting goals in the Key ideas table.
3. Remind the group that setting goals also includes celebrating your successes and the successes of others. Look for setting goals and celebrating them in today's book.

Activity:

Ask the members of the group to think of something each of them did lately that made them proud. This might include getting a new

job, completing a project at work, making a special dinner for the family or reaching a long-awaited goal.

Give each person a piece of paper and ask them to fold it in half. Have colored pencils, crayons or markers available for the group's use. Ask the group members to make cards to congratulate themselves for their accomplishments.

When the members have finished making their cards, pair up with partners. Have the partners share their cards and accomplishments. Gather the group together and have each partner describe the other's card and accomplishment.

Remind the group it is healthy to recognize our successes. Explain that setting goals and recognizing success is a key idea highlighted in today's book.

SUGGESTED FOR USE WITH THE FOLLOWING BOOKS:



A Chair for My Mother



My Rows and Piles of Coins



The Berenstain Bears & Mama's New Job



The Purse