

Parent – child Activity

Activity 2: Spiral Colors

# Activity 2: Spiral Colors

## **Objective:**

- One of the process for parents to build up children's self-esteem is to help children comprehend what healthy relationships look like.
- Parents can do this by identifying key words and actions that lead to healthy relationships.
- This activity help develop ideas and create an art project that shows who your child are and what is important to him/her.

# Activity 2: Spiral Colors

## **Materials:**

- One – two pairs of scissors.
- Coloring materials (crayons or color pencils/markers).
- A long piece of thread or string to hang the spiral from the ceiling.

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## Instructions:

- 1) First thing to do is to add words on each spiral. Each spiral has a theme that is important to friendships, relationships and self-esteem in children.
- 2) Examples of themes for your child:
  - Words or phrases that show kindness to others.
  - Activities that you enjoy or are good at.
  - Actions that show we care about others.
  - People in your life who support you.
  - Qualities that make you a good friend.
  - Words that inspire you.
  - Accomplishments that you are proud of.
  - What you dream of doing and becoming.
  - Things you like about your friends.
  - Things your friends and family like about you.
- 3) After writing in the respective themes, proceed color or beautify them.
- 4) Subsequently, cut along the black line all the way to the center
- 5) To finish, poke a small hole in the center of the spiral. Position the string through the hole and tie or tape to the ceiling.
- 6) Now, when your child watch his/her spiral spinning in the air, he/she can be reminded of all the good things about him/her as well as what is important to him/her.

# Activity 2: Spiral Colors (Template)

