Session 3 Projects

1. Using index cards. Write one of your strengths on 5 -10 index cards. (something you are good at, something that is positive about you, something that is special about you) Then ask your parents to do 3-5 cards the same way, also any siblings that are old enough to do the project and finally 2 people outside of your immediate family. (Grandma/Grandpa, other relatives, teachers, someone from church, etc.)

2. Using a piece of paper or tagboard. Begin with the sentence, Because I am adopted I \_\_\_\_\_\_\_\_\_\_\_\_\_.

Then fill in the blank 10 times. (These answers will be a combo of good and bad, happy and sad, old and new)

3. Take a picture of yourself, holding a card that says your name and post it on Pinterest.

4. Go and see the movie “Inside Out” and keep track of your favorite parts, how you see the limbic system at work, how does the puzzle piece theory match up, what did you learn, what surprised you?