SELF-ESTEEM SANDWICH

MATERIALS:
• Carla’s Sandwich (Book)
• Sandwich pieces (to cut out)
• Coloring supplies

ACTIVITY:
• Read Carla’s Sandwich together.
• Reflect throughout the story and at the end.
  o What is the message of this story?
  o What are some of Carla’s positive traits?
• Introduce activity-
  o Each student will compile their own sandwich out of the sandwich pieces provided. 5 toppings total.
  o Each piece must be labeled with a positive characteristic.
• After all sandwiches are made, the group will share their creations.
  o Is there a positive trait that someone left out?
  o What positive feedback can we give our group members?