

My Unique Gifts

An important way to build hope in a child is for them to see the value they bring to the world. “You are needed. You are here for a reason. No one else in the world has a light like yours!”

Resources Needed:

- Gift box template (see the following page)
- Scissors
- Glue
- Markers, crayons, and/or colored pencils
- Craft items to decorate with (sequins/stickers)
- Small pieces of paper with different gifts or qualities written on them

1. Explain to children that this lesson will focus on “who they are” on the inside.

In today’s world, we focus a lot on what people look like on the outside, but the challenge in this session is to look within. First, ask children to look at all the different gifts and qualities that are written on the small pieces of paper. Ask them to take their time and to choose the gifts and qualities they think they have. They can choose as many as they like. (Some children will find this very difficult, so they might need encouragement to choose perhaps 2 or 3.) As an alternative, they could also write down traits and talents they possess on small pieces of paper.

2. Ask children to share the gifts and qualities they have chosen one at a time.

Ask them to share why they chose that gift/quality and to perhaps give examples of how they show this gift/quality where they can.

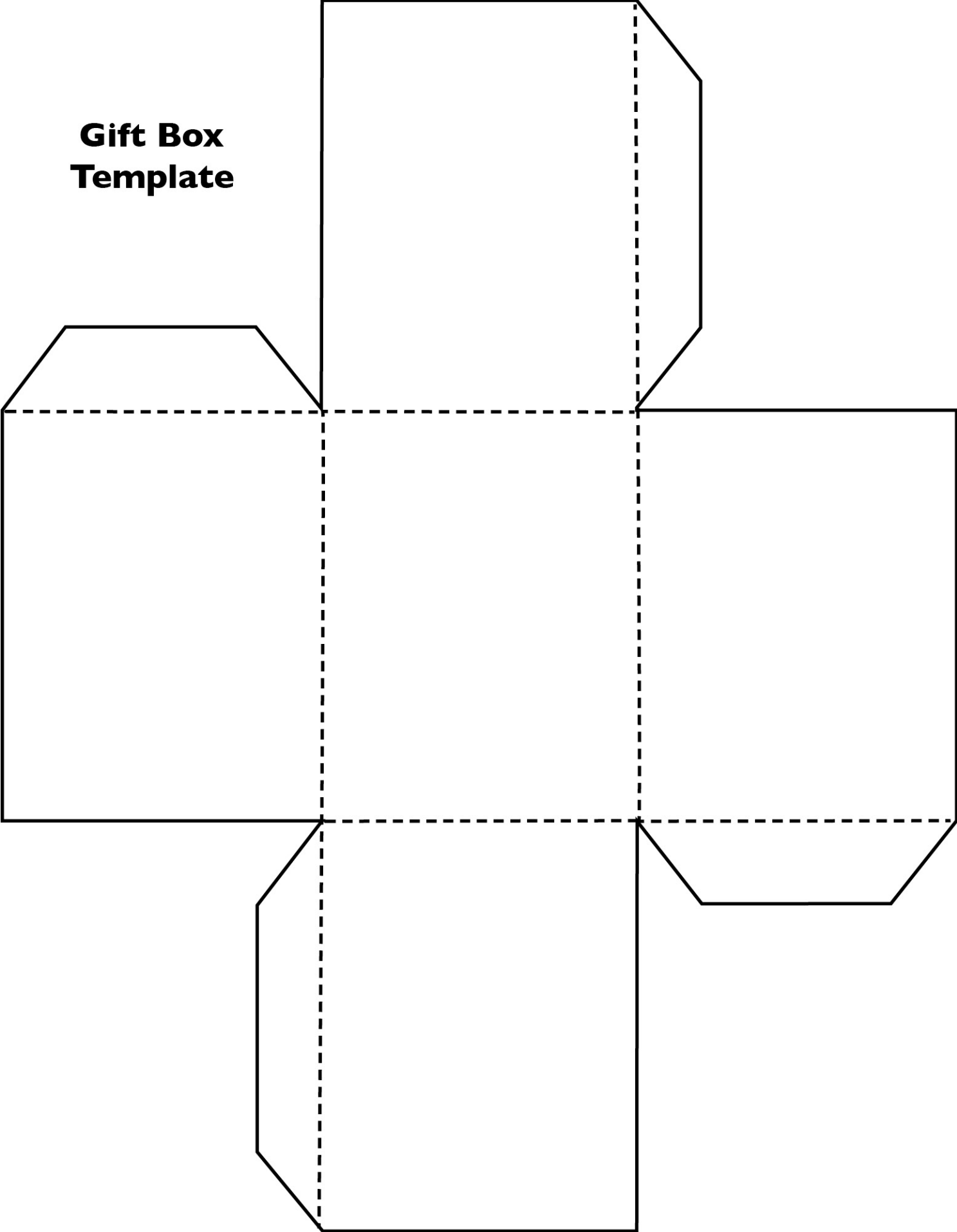
3. Give children a copy of the gift box template.

Ask them to cut out the box and then decorate the box with their name and their favorite colors. They can add the other craft items to the box as well. After it has been decorated they can glue it together to make the box. Alternatively, you can cut out and glue the box together yourself to save time.

4. Ask children to place their gifts and qualities in their own gift box.

Explain to children that this gift box can always be a reminder of their own special gifts and the gifts they can share with other people, as Hope Builders.

Gift Box Template



Patient	Consistent	Intelligent	Good Brother
Good Listener	Good Friend	Fun	
Good sense of humor	Happy	Helpful	
Loyal	Enthusiastic	Artistic	
Hardworking	Calm	Caring	
Kind to People	Joyful	Generous	
Honest	Thoughtful	Brave	
Dependable	Musical	Funny	
Helpful	Athletic	Confident	
Conscientious	Curious	Good Sister	