

# Collage—Self Esteem Activity

**Objective:** To build self-esteem as well as to inspire and motivate the mentee's to view themselves as motivated determined young people and identify those things that motivate them as well.

## List of Supplies

1. Multiple magazines
2. Scissors
3. Blank printer paper
4. Glue sticks

## Steps for the Activity

1. This activity should take between 45 -50 minutes.
2. Tell your mentees to create a collage that inspires them to do and be their best. This can include representations of how they see themselves, goals, things they like that define them, etc. They can use words, pictures of people, animals or objects, or whatever else inspires them.
3. After everyone has finished their collage, have them talk about why each thing they put on their collage inspires them and in what ways it inspires them.
4. Go on to ask how they think these things can help them build their self-esteem and feel beautiful, worthy, intelligent, and loved.
5. Go around the room and have everyone choose something from someone else's collage and say how that person embodies that and explain how they and it inspires them.
6. The mentees will be told to take their collages home and put them somewhere or hang them up in a place where they will see them daily so they will remember the great qualities they possess as well as things they are working towards.

Adapted from: Steffani Violette, Fall 2012