

**NAME of the TOOL:**  
WHAT I LOVE ABOUT ME

<b>Theme</b>	SELF ESTEEM, DIGITAL COMPETENCIES
<b>Target Group</b> <i>(Group Size, Participants Profile)</i>	Caregivers & kids with special needs.
<b>Duration</b>	
<b>Learning Objectives</b>	<p>Creating an avatar with a child with a disability is a wonderful way to boost their self-esteem, encourage self-expression, and promote creativity. It allows them to have a character that represents them and their unique experiences in the world of imagination and play.</p> <ul style="list-style-type: none"> <li>- EXPLORE THEIR IDENTITY,</li> <li>- ENGAGE IN IMAGINATIVE PLAY,</li> <li>- BOOST CONFIDENCE AND HELP TO DEVELOP A BETTER SELF ESTEEM,</li> <li>- DEVELOPING CREATIVITY,</li> <li>- INCREASE CONFIDENCE AND OPTIMISM.</li> </ul>
<b>Preparation</b>	1h 30m
<b>Materials</b>	PC (LAPTOP), INTERNET CONNECTION , PRINTER, PENCILS, PAPER.
<b>Flow / Description</b>	<p>1.Consult with the Child: Start by talking to the child and involving them in the process. Ask them questions about how they would like their avatar to look, what features or accessories they want, and what kind of personality or characteristics their avatar should have.</p> <p>2.Select a Platform or Medium: This could be a digital avatar creation tool, a drawing or painting software, or even traditional art supplies like paper, markers, and colored pencils. Choose a medium that the child is comfortable with.</p> <p>3.Choose Physical Characteristics: Work with the child to select physical characteristics for the avatar. These may include features like hair color, eye color, skin tone, facial features, and clothing. Encourage the child to be creative and express themselves freely.</p> <p>4.Incorporate Disability Representation: or example, if the child uses a wheelchair, ensure that the avatar has a wheelchair, or if the child uses hearing aids, include them in the avatar's ears.</p> <p>5.Add Accessories and Props: Let the child add accessories or props to the avatar to reflect their interests or hobbies. This could be a musical instrument, a pet, or any other item that represents something the child enjoys.</p> <p>6.Choose a Personality:</p>

	<p>Discuss with the child what kind of personality or characteristics they want their avatar to have. Is it a superhero, an adventurer, a scientist, or a friendly character? Encourage the child to think about the qualities they admire or want to embody in their avatar.</p> <p>7.Design the Environment: Consider creating an environment or background for the avatar. This can be a magical forest, a futuristic city, or any setting that the child finds exciting. The environment can help the child engage in imaginative play.</p> <p>8.Engage in the Creative Process: Create the avatar together with the child, whether it's through drawing, using digital tools, or crafting with physical materials. This collaborative process can be a bonding experience.</p> <p>9.Name the Avatar: Ask the child to come up with a name for their avatar. This can help create a stronger connection between the child and their creation.</p> <p>10.Celebrate and Encourage Play: Once the avatar is created, celebrate the child's creativity and encourage them to engage in imaginative play with their new character. The avatar can become a part of storytelling, games, and various activities.</p> <p>11.Update and Evolve: Remember that the avatar can evolve over time as the child's interests and preferences change. Be open to revisiting and updating the avatar as the child grows.</p> <p><b>12.Print the avatar and hang it in a place where he can see it often.</b></p>
<p><b>Debriefing / Reflection</b></p>	<ol style="list-style-type: none"> <li>1. How do we empower kids and help them feel like the amazing humans we know they are?</li> <li>2. What are my child strengths?</li> </ol> <p>The avatar makes you remind your child everyday what are their strengths and how amazing they are.</p>
<p><b>Thematic / Theoretical Input</b></p>	<p>Be your biggest fan! To boost the self esteem we need to teach our kids how to be the biggest fan of them. That means they should focus on the abilities they have.</p> <p>When the self esteem is low , it's easy to forget just how great of a person your kid it is and the skills and talents he has.</p>
<p><b>Evaluation</b></p>	
<p><b>Hints/Additional Info for Trainers</b></p>	<p>Ask all the members to create a persona and print it and to hang the house.</p>