

NURTURING ACTIVITY

How many of you have ever made a sculpture of some type? Was it fun? Successful? What medium did you use?

Many people have likened nurturing to sculpting. A young child is very pliable, much like fresh clay. We can mold it and shape it as we wish. However, after very long, the clay begins to dry and the child begins to grow up and maintains the form you have made.

Today we will liken nurturing to writing. A child is like a blank piece of paper. The things we say to the child will influence the worth of the paper and the attitude of the child. I will give each of you a blank piece of paper. Fold the paper into fourths. In the top left hand corner, list phrases or ideas that you remember people saying about you when you were young. In the top right hand corner, explain how these phrases have influenced your life.

Now, think of yourself as a parent or caregiver of a small child. In the bottom left hand corner, list positive phrases you can use to nurture a child and make him/her feel loved.

In the lower right hand corner, identify actions you will take to nurture the children for whom you will care.