



# TREASURE CHEST

... a container filled with valuable items

Free  
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e-NEWSLETTER FOR PEOPLE INVOLVED IN CHILDREN'S MINISTRY.  
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*We are entrusted to pass  
the baton of faith from  
one generation to the next*

He commanded our fathers to teach them  
to their children, so the next generation  
might know them and they in turn will  
teach their own children. Psalm 78



## Helping Build Self-Esteem

Along with parents, those of us involved in kid's ministry have an important part in helping children develop their self-esteem. Self-esteem is defined as 'a person's evaluation of his/her own worth'.

### A few clues that may alert you to a child who is struggling with low self-esteem.

1. They may struggle to maintain **eye contact** (not to be confused with some cultures where eye contact may be a gesture of disrespect).
2. They may have what seems to be "**behavioural problems**", possibly because they are crying out for attention.
3. These children may **blend into the crowd** hoping to go unnoticed.
4. When they talk, they may often **put themselves down** and make negative comments about themselves.
5. Your child **avoids a task or challenge** without even trying or quits soon after beginning a game or a task, giving up at the first sign of frustration.
6. As they get older, they may have trouble **saying "no" to peer pressure**.



### Suggestions as to how to help build self-esteem in the kids in your ministry.

1. **Physical touch** is important in a child's development. But first a word of warning. Never touch a child in a manner which is inappropriate given their age, gender or cultural background. However there are appropriate ways that we can provide physical touch without stepping over the line. This may include a pat on the back, a high-five, a touch on the shoulder/upper arm or even a quick side hug. It's best that any form of physical touch be done when other people are ... (continue over)

## CHRISTMAS GIFTS STORY

This will involve 9 children holding up an A4 size card each. On one side of each card is printed one large letter from the word C-H-R-I-S-T-M-A-S. On the other side of each card is printed the corresponding number (in a smaller size font) between 1 and 9 where C=1, H=2, R=3, I=4, etc. Each card should be held so that the number is facing the child's chest and the letter is facing the audience.



**GAME:** After giving the 9 children their card, have them stand (as a mixed group) in front of the audience and briefly explain the game to them. Explain that you will read a short sentence, but that you will leave out the last word in the sentence and give some numbers instead. Those children whose card has one of those numbers has to step forward and make a line **in the number order**. This will display the 'WORD'.  
*Note: After each 'WORD' steps forward, you say it and then they return to their correct spot in the backline, (CHRISTMAS), before you read the next sentence.*

### STORY:

- So today we are going to talk about 1,2,3,4,5,6,7,8,9 [the 9 children stand in line 1-9 hence making the word CHRISTMAS. \*They then step back 2 steps, still in line, ready for the next sentence]
- Today, many people buy gifts but to do that you need lots of 1,8,5,2 (CASH)\*
- Today, we give gifts to remind us that the Wise Men brought gifts to the child Jesus, who was also called the 1,2,3,4,5,6 (CHRIST)\*
- The Wise Men travelled a long way from the east, so how did they find 2,4,7 ? (HIM)\*
- God helped them find Jesus by leading them with a 9,6,8,3 (STAR)\*
- They followed the star which was really 5,7,8,3,6 (SMART)\*
- The Wise Men brought 3 gifts to Jesus as an act of worshiping him. They realised that Jesus was truly the 1,2,3,4,5,6 (CHRIST)\*
- Yes, he was the Messiah, the son of God. As we give gifts, let's remember the birth of Jesus because that's the real reason for 1,2,3,4,5,6,7,8,9 (CHRISTMAS).



SELF-ESTEEM (continued from page 1) ....

around, especially leaders, who can see what is happening.

**2. Set kids up for success.** No one likes to fail or feel rejected. Yes, life is full of negative experiences and it is important to help kids work through those tough times and develop resilience. However, it is not our job in kid's ministry to discourage but to encourage. This needs to be considered when they are playing a game as part of your program. If you are selecting 3 or 4 children to be involved in a game to be played in front of the others, ensure you select those who want to be involved, or you feel are capable of playing the game. Use words like "well done", "thanks" or "great job". Don't belittle kids who may lose in a game or aren't as capable as others in doing certain tasks. Congratulate the winners appropriately and thank all children who participate.

**3. Make each child feel they are valuable and useful.** Give kids tasks to do that they are capable of doing. Use them as greeters, tech crew, music team, etc. A child who feels they are part of a team will begin to believe they are worthy of being used and has value. Train/teach them in their tasks and always thank them and encourage them.

**4. Make eye and verbal contact.**

When you are running around before your program getting prepared, or you may even feel a bit stressed, if a child comes nearby, take time to look at them, give them a smile and have a brief conversation. This says to the child that they matter and are important to you.



**5. Watch your words.** Don't make fun of their name or looks or even refer to them by their looks e.g. "the girl with the frizzy hair" or "that boy wearing glasses". When having a conversation with a child, don't just talk about their accomplishments (sport, school, music) but also refer to their character traits (honesty, loyalty, kindness, caring, sharing). It's good to celebrate their accomplishments, but even better to celebrate their developing character traits.

**6. Encourage all the children to make statements to one another that intentionally build up another person.** Treat others as you would like to be treated. Encourage good sportsmanship when playing games.

**7. Teach biblical truths about who they are.** They are made by God for a purpose. They are loved by God. They can become friends with God and be part of his family. They are made in God's image. They are valuable and precious to God.

**8. Make sure that you set a good example to the kids as to your own self-esteem.** If you are constantly negative then you are modelling a low self-esteem. Yes, we

are all human beings with weaknesses and failings, but let's not use that as an excuse for the poor way we see our self. Maybe you need to talk to a trusted counsellor or do a Bible study and remind yourself as to who you are in Christ. Pray and ask God to help you in this area and to also help you intentionally build up the kids in the children's ministry you are involved in.

*Adapted from an article by Jill Waltz*

**Candy Cane Pick Up** – Choose 2-3 players. Place a pile of candy canes on a table in front of each player. A tray or basket for each player is put to their side. Give each player a candy cane to put in his/her mouth with the hook end down. The player must use the candy cane hook to pick up the other candy canes from their pile and move them to their tray/basket. No hands. The player with the most candy canes in their tray/basket after one minute wins! Suitable for upper primary ages. - See it on the internet - <https://vimeo.com/17003059>

**A FEW WEBSITES WITH CHRISTMAS RESOURCES**

<https://www.lostsheep.com.au/stories/bethlehem-town/>  
<http://nswactbaptists.org.au/product/christmas-at-home/>  
<http://www.max7.org/en> (Search 'Christmas')

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Thanks to John Michael Sullivan (See Luke 2:1-16) 12-23-2005  
**AT LEAST WE CAN SAY THAT HE WAS BROUGHT UP IN A STABLE HOME**