



BCDI
Black Child
Development Institute
ATLANTA

EMBRACING SELF-LOVE AND BLACK JOY

HEART & HERITAGE

FEBRUARY 2025

AGES 6-8



ACTIVITY GUIDE

FOR PARENTS & EARLY EDUCATORS

bcdiatlanta.org



BCDI

Black Child
Development Institute
ATLANTA

EMBRACING SELF-LOVE AND BLACK JOY

HEART & HERITAGE

FEBRUARY 2025

AGES 6-8

Heart & Heritage: Embracing Self-Love and Black Joy Activity Guide (Ages 6-8)

Self-love, confidence, and embracing identity are the cornerstones of building a strong foundation for children's emotional and social development. Children ages 6 to 8 begin to ask more profound questions about who they are, how they fit into their families and communities, and what makes them unique. These years are a critical time for cultivating a sense of pride in their uniqueness and fostering a connection to their cultural heritage.

This guide is designed to inspire children to see themselves as valuable, capable, and loved while subtly weaving in Black History Month and Valentine's Day themes. Through creative and thoughtful activities, children can explore their emotions, appreciate their individuality, and strengthen connections with their family and community. Each activity is a meaningful step toward helping them develop the confidence and self-awareness they need to thrive.

By encouraging self-reflection, celebrating their heritage, and acts of kindness, we give our children the tools to embrace themselves and share their light with the world.

1) 6 Year Olds

2) 7 Year Olds

3) 8 Year Olds

6 Year Olds

1 Words of Love" Bracelet

- **Goal:** Promote self-expression and positive thinking.
- **Materials:** String, beads, or paper and tape.
- **Instructions:** Help your child create a bracelet or wristband using beads or paper strips. Encourage them to include words like "strong," "smart," or "kind" that describe themselves. Wear it as a reminder of their worth.

2 My Superpower" Collage

- **Goal:** Build confidence by recognizing personal strengths.
- **Materials:** Magazines, paper, glue, markers.
- **Instructions:** Ask your child to think about their "superpowers" (e.g., kindness, creativity) and cut out images or words representing them. Arrange these into a collage and display it at home.

3 Cultural Family Storytime

- **Goal:** Celebrate heritage and foster connection.
- **Materials:** Family stories and photos (optional).
- **Instructions:** Sit together and share a favorite family story about resilience or love. Ask your child to draw or write about what they learned from the story.

4 Mirror Affirmations

- **Goal:** Reinforce self-love through daily practice.
- **Materials:** Mirror, sticky notes.
- **Instructions:** Write affirmations like "I am brave" or "I am loved" on sticky notes. Help your child stand in front of a mirror, read them aloud, and smile at themselves.

7 Year Olds

1 "Heart of Gratitude" Journal

- **Goal:** Foster gratitude and self-reflection.
- **Materials:** Notebook or paper, markers.
- **Instructions:** Each day, have your child write or draw something they love about themselves and something they're grateful for. Decorate the pages to make them special.

2 Community Connection Map

- **Goal:** Highlight the importance of family and community.
- **Materials:** Paper, markers.
- **Instructions:** Help your child draw a "map" of their community, including important people (family, neighbors, teachers). Discuss how these connections make them feel supported and loved.

3 Create a Confidence Chant

- **Goal:** Inspire self-empowerment.
- **Materials:** None.
- **Instructions:** Work together to create a chant or rhyme that celebrates their unique qualities (e.g., "I am strong, I am bright, I can do what's right!"). Repeat it together in the morning.

4 "What Makes Me Shine" Sun

- **Goal:** Celebrate individuality..
- **Materials:** Paper, crayons.
- **Instructions:** Draw a large sun. In each ray, write or draw something that makes your child unique, like talents, skills, or qualities.

8 Year Olds

1 "Love Yourself Letter"

- **Goal:** Encourage self-reflection and positive self-talk.
- **Materials:** Paper, pen, envelope.
- **Instructions:** Guide your child in writing a letter to themselves, focusing on their strengths and what makes them unique. Seal it and plan a day to open and read it together.

2 Black Excellence Wall

- **Goal:** Foster pride in cultural heritage.
- **Materials:** Paper, markers, internet access (optional)
- **Instructions:** Research inspiring Black leaders or role models. Create a "wall" of these individuals' drawings, names, or descriptions, and discuss how they inspire or encourage your child.

3 Kindness Challenge

- **Goal:** Build empathy and community connection.
- **Materials:** Paper, pen.
- **Instructions:** Create a list of simple acts of kindness (e.g., complimenting someone or sharing a toy). Challenge your child to complete one daily and reflect on how it made them feel.

4 "Who Am I?" Poem

- **Goal:** Inspire creativity and self-expression.
- **Materials:** Paper, pen.
- **Instructions:** Help your child write a poem about themselves, starting with "I am..." and describing their favorite qualities, dreams, and values.

Conclusion

Self-love and confidence are gifts that shape how children view themselves and the world around them. As parents, caregivers, and educators, we play an essential role in nurturing these qualities by creating opportunities for children to celebrate their individuality and the beauty of their identity. These activities are not just fun moments but powerful tools for fostering resilience, empathy, and a positive self-image.

By embracing who they are and connecting with the love and strength of their family and community, children gain the confidence to stand tall and shine. As they grow, they carry the lessons of self-acceptance, cultural pride, and kindness, forming the foundation for a lifetime of meaningful relationships and accomplishments. Let's continue empowering our children to love themselves, honor their roots, and recognize their limitless potential.

[Click here for the survey!](#)

TAKE ACTION!

**SHARE YOUR
STORY**



bcdatlanta.org/impact

**GIVE
TODAY**



bcdatlanta.org/donate

**BECOME A
MEMBER**



bcdatlanta.org/members

**SUBSCRIBE TO
NEWSLETTER**



bcdatlanta.org/news