

The Perfect Face

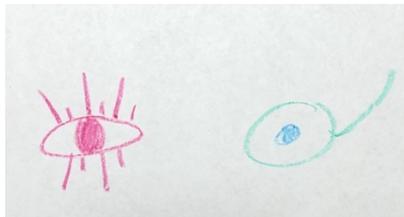
This activity can be used to help clients build their self-esteem. It can also be used during group activities geared to reduce bullying and building social skills with others. The activity provides a visual for the client to see that everyone has beauty. Discuss the importance of accepting ourselves as well as others. Engage in conversation about kindness and how to teach it to other people around us.

Materials:

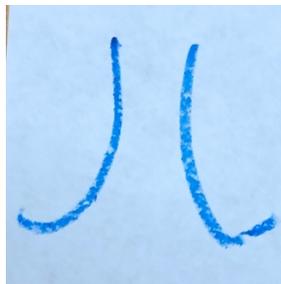
- Blank facial cut out
- Pieces of paper
- Markers
- Scissors

Complete the Activity:

Step 1.) On a piece of paper, have the client draw 2 eyes. Encourage the client to draw each of them differently and cut them out.



Step 2.) Instruct the client to draw a nose. Allow the client to be creative with the nose. The nose will also need to be cut out.

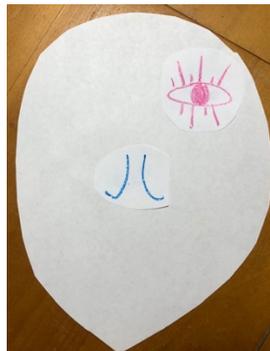


Step 3.) Now the client should draw a mouth and cut it out.
— repeat these steps do the ears and hair.

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Step 4.) Once all the pieces are complete, work with the client to put them together on the face.



Step 5.) Spend time discussing the result of their face that they created, kindness, acceptance and lack of perfection.





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End of Activity options:

- 1.) The client can continue this activity at home and return it to the therapist at the next session.
- 2.) The client can “redo” the activity with their family. Instruct the client to teach everyone in their family to accept differences and understand the unrealistic views of perfection.

Quick clinical tags to add to your notes:

- Building Self-esteem due to releasing negativity that they may see in themselves.
- Learning the importance and benefit of positive thinking.
- Teaching healthy social skills so that the client can learn to accept others.