



## What I like about you

**Ages: 4-7, 8-12**

### **What are we going to do?**

This simple yet moving activity invites participants to express what they like about others. It's an exercise that boosts self-esteem, strengthens family bonds, and helps put words (or drawings) to the positive emotions we generate for each other every day.

### **Goals**

- Encourage emotional expression and mutual recognition.
- Promote a warm and positive family atmosphere.
- To foster empathy and connection between participants.
- Practice gratitude and effective communication.

### **Materials**

- Sheets of paper (one for each family member).
- Pencils, crayons or markers.
- (Optional) Adhesive tape or clips to hang them up at home later.

**Estimated duration: 20-30 minutes**



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# EUROPEAN DIGITAL CAMPS FOR INCLUSION OF YOUTH WITH CANCER

## Instructions

### 1. Preparation

- Distribute a sheet to each participant.
- At the top of each sheet, write the name of another family member.
  - Example: If there are 4 of you, each person receives a sheet with the name of another person, assigned randomly.
- For young children: it can be done orally, without writing.

### 2. Thinking and Recognizing

#### Invite participants to think about:

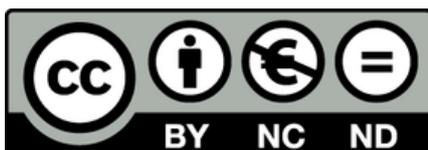
- Specific things that the other person does that they like.
- Shared moments that make them feel happy.
- Actions or words from the other person that generate positive emotions.
- Explain how I feel and how the other person influences that emotion.

#### Examples:

- “I feel very happy when we go cycling together.”
- “I like it when you read me stories before bed.”
- “I’m happy when you help me with my homework.”

### 3. Express in Writing or by Drawing

- Each participant writes or draws what they have thought on the corresponding sheet.
- It can include words, phrases, drawings, or symbols.



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## 4. Share (Optional, but highly recommended)

- If you like, each person can read aloud what they have written.
- Do it looking into each other's eyes, calmly and lovingly.
- This moment is especially enriching and greatly strengthens bonds.

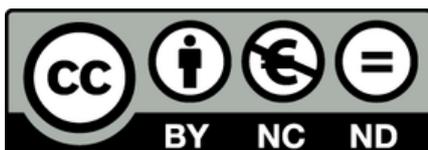
## 5. Store or Hang the Sheets

- You can store the sheets in a special folder or box.
- Or hang them on the wall, the refrigerator, or a corkboard, to remember those positive emotions every day.

## Expected Results

- Increased positive atmosphere at home.
- Improved self-esteem and mutual trust.
- Greater awareness of the good things we give and receive.
- Emotional satisfaction for all participants.

A simple, beautiful and very rewarding activity to share with the family.



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