

THOUGHTFUL THURSDAYS

WELCOME TO OUR
NEW THURSDAY
SERIES WHERE WE
WILL COVER VARIOUS
TOPICS SUCH AS:

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- Debunking common myths with science
 - Hot topics in EC/ECSE
 - Current events
 - Scripted stories
 - Health & wellness
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Barton Lab
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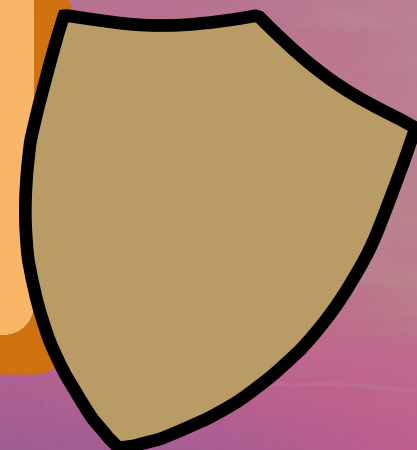
CONFIDENCE SHIELD

Join your child in engaging in this fun, child and adult friendly, self-love activity!

Find a piece of paper or cardboard.



Draw out the shape of a shield and have an adult help cut it out.



SELF-LOVE ACTIVITY

CONFIDENCE SHIELD

Talk together to discuss what words best represent you.

Let your creativity flow!

Write down the words you chose on the front of your shield.

Discuss why your words were chosen and what they mean to you.



CONFIDENCE SHIELD

BENEFITS

Supports connection and collaboration between families, teachers, and children

Encourages positive self-thinking

Boosts self-confidence and increases self-awareness



SHARE WITH US!

CONFIDENCE SHIELD

Share your completed Confidence Shields
with us on Facebook or Instagram!

#bartonlabshares

Send us your suggestions for Thoughtful
Thursday ideas you would like to see from us
in the near future!



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