



CHARISMA

WEEK 1: CHARISMA OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 3 & 4

OPENING DISCUSSION:

“Do you know what charisma means? Charisma means that you can make other people smile and you are not afraid of others. If you are polite to others and you treat others well, then you will make them feel special.”

Here are a few tips on how to have charisma:

- When you meet someone new, give them a polite greeting.
- When you are talking to other people, smile a lot!
- When you are playing with a friend, let them pick the game or toy.
- When you feel angry or sad, never hit or call someone else a name just to make them feel angry or sad.
- Tell your friends that you like them often.
- Give your family lots of big hugs each day.

FINISHING THE MAT CHAT:

“I want everyone to go home and practice having charisma this week. Look other people in the eyes when you are speaking to them and give out plenty of smiles. When you play with friends, make sure you let them be in charge of a game. Your friends and family will feel very special.”