



Paper People and Lunch Bag Goodies

a newsletter for people who care about self-esteem

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Dear Reader,

Do you sometimes wish you had a new way of affirming people? Do you ever think you need a tangible way to help children talk about feelings? Welcome to the 53rd issue of **WE**, a newsletter for and about groups of people who get together for the purpose of giving each other personal support, examining attitudes, and learning new skills. This **WE** offers two new products, **Paper People** and **Lunch Bag Goodies**. If you have played any of Carole Gesme's games, Ups & Downs With Feelings Starter Games or Explorer Games or her Love Game, you already know about the wonderful way Carole wraps important opportunities to grow and to heal in play. Now this creative, prolific lady offers us two new very simple yet profound ways to play and grow, **Paper People** and **Lunch Bag Goodies**. Barbara Kobe is the illustrator.

Paper People can help you have fun talking and thinking about feelings. It is a packet of over 100 drawings of people (10 to 14 inches tall), sweatshirts, and other props.

Lunch Bag Goodies is a brown bag of 400 Lunch Bag Goodie notes to help you find new ways to let people know that you care.

In this **WE** you will find:

- Information about Feeling Faces Paper People.
- A sheet of Pocket Paper People (3½ to 4½ inch tall) which you can copy, cut out, use or play with.
- Suggestions of ways to use the Pocket Paper People in this issue and the larger Paper People that are available for you to order.
- Information about Lunch Bag Goodies.
- Examples of the Lunch Bag Goodie notes.
- Samples of messages you can write on the Goodie notes.

I am excited about the Paper People and the Lunch Bag Goodies so I am glad they are ready for you.

Enjoy!

Jean Illsley Clarke, Editor

Introducing: PAPER PEOPLE

by Carole Gesme

As a third grade teacher I have used educational methods and tools to teach many children how to read and write, the basic skills of language literacy. Now I have developed the Feeling Faces Paper People as an educational method and tool to help children and adults become emotionally literate.

I have been working on the design concept of the Paper People for the past four years. The original ideas came while I was studying the Transactional Analysis theory of sweatshirt messages, the idea that adults signal their real feelings by their facial and body language as clearly as if they were wearing the messages on sweatshirts. I realized that I could invent a way to use sweatshirts on paper dolls to help children accept and express feelings and to learn to ask for what they need. This was the beginning of a four year process of conceptualizing, designing and testing the Paper People.

I believe that if children and adults know what they are feeling, feel what they are feeling, and express what they are feeling, life is easier and healthier for them. The emotions of fear, love, anger, and joy are innate. It is the interpretation and expression of these emotions that is limited by what is learned in families.

Early childhood is a crucial period in emotional development. Research indicates that throughout childhood children are gradually learning how to understand, define, label and express their own emotional behavior and to assess the feelings of others. Sometimes parents teach children to repress or deny their feelings. For example they teach children:

Boys don't cry.

Good girls don't get angry.

You are not scared.

Stop dancing around and having fun, you may break something.

Parents not only tell children this, they often model for children that only certain feelings are O.K. When parents repress and deny their feelings, the child learns to do the same. Instead of feeling what she feels, the child feels what parents have taught her to feel. The Feeling Faces Paper People give children and adults a way to reclaim feelings and to practice and learn new ways of expressing and interpreting feelings.

On Designing The Faces For The PAPER PEOPLE — Barbara Kobe

I accepted the opportunity to create the artwork for **The Paper People** as a challenge and as an opportunity to develop my skills as an artist. I also accepted because I find working with Carole Gesme fun and exciting. My goal on this project was to portray accurately what our faces do when we are feeling happiness, sadness, anger and fear.

To start this project I did research in the children's book section at the public library. That section is a rich source of styles, techniques and feeling expressions. I searched for a common facial expression for each feeling. What I found was an overwhelming variety of feelings expressions with an emphasis on exaggeration to portray whatever was happening in the story. This is a cartoonist's approach.

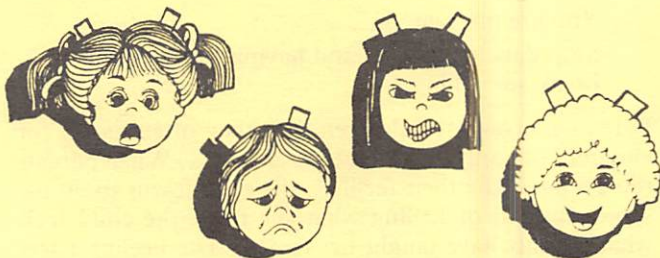
Next I went to the art section of the library to learn more about how a cartoonist would approach this assignment. Several of the how-to cartoon books were very helpful in showing the details of facial expressions for a variety of feelings.

I also explored several books on communication that gave detailed descriptions of what faces look like when expressing a feeling. What I learned I found interesting. First of all, people tend to express and recognize four basic emotions: sadness, happiness, fear and anger. Second, they use three independently expressive regions of the face: the eyebrow, the eyes and the lower face. Third, I learned that our faces are our basic vehicle of expressing how we are feeling and that the face is the major site of non-verbal signaling.

With the above information, drawing tablets, felt-tip pens, tracing paper, midnight oil, dreams of what works and what doesn't, and many, many hours of effort, I finally arrived at the goal: a series of facial expressions that could be read fairly accurately by the person using them. I felt very happy with the outcome. The **Paper People** drawings were born! I left the birthing room (my studio) and started the other major task one has when working for Carole Gesme — figuring out where in the United States Carole Gesme is to let her see what I have done.

The Pocket Paper People are pictured on page 3.

You can copy them and find many ways to enjoy them. Besides the ways mentioned on page 3, you can write new messages for the sweatshirts and paste or tape the messages on the shirts. Or use pieces of sticky note pads for temporary changes.



Suggested Activity: Children

— Carole Gesme

The packet of Feeling Faces Paper People includes over 100 pieces: children, adults, faces, sweatshirts with messages and sweatshirts plain, vests, hats, a wheelchair, braces and crutches. There are many many things that you can do with these pieces.

- You can gift a child six or older with the Paper People and trust the child to come up with ways to play with them.
- Adults can use the Paper People to teach children about feelings and to identify feeling faces with feeling words. Match the expression on the faces with the words on the sweatshirts. Ask the child to identify how she might feel in a variety of situations by having the child choose a sweatshirt message and the feeling face that shows how she feels in each situation.
- Playing with the Paper People can encourage children to think about how they will feel in the future when they will wear a birthday hat, or a graduation hat. Say, "Choose the face that shows how you will probably feel the day you graduate. Put the face, the graduation hat and a sweatshirt with the date of your graduation on a Paper Person."
- Paper People allow children to practice identifying what is real. Children can use Paper People to try out expressing all of their feelings. They can think about what it is like to say, "I am angry" and to "wear" an angry face to match the message.
- Adults can use the Paper People to bring up important issues for discussion and to make opportunities for adults and children to talk about their feelings.
- It is fun to tell stories about feelings or listen to stories and identify the feelings of the people in the stories by changing the faces on a Paper Person.
- A parent, teacher, or other adult can use the paper sweatshirts to learn about how others perceive him by asking, "Will you point to the sweatshirt that has the message you think I am sending?"
- The packet contains a wheelchair, braces and crutches or sticks for people who are handicapped and so others who are not can learn about these supports.
- You can create hats and props of your own to use with the Paper People.

Suggested Activity: Adults

by Carole Gesme

Adults who are still repressing emotions that were unacceptable in their childhood homes, can learn to practice accepting emotions by using the Paper People. Choose a message, for example, "I can be sad" and put that sweatshirt message on a Paper Person, then find a feeling face that shows that expression. After putting that face on the Paper Person you can practice making the face and start feeling the feeling. Many adults match the sweatshirt messages and feeling faces on Paper People and post them somewhere as a reminder that feelings are O.K. to have.

POCKET PAPER PEOPLE

Use as bookmarks.
Carry in your pocket.
Color them.

Cut them out and glue on a popsicle stick.
Tell a story or make up a puppet play and
present it.

Write a celebration on them. Permission to reproduce — Carole Gesme



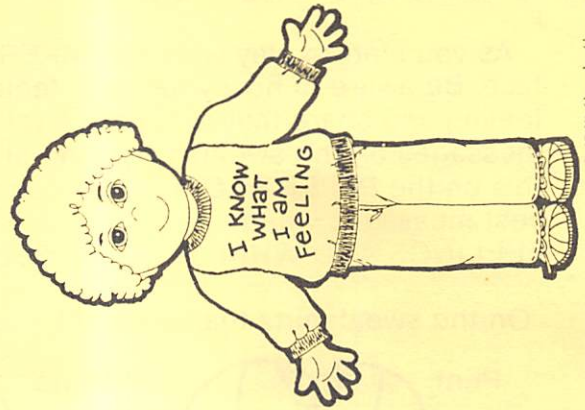
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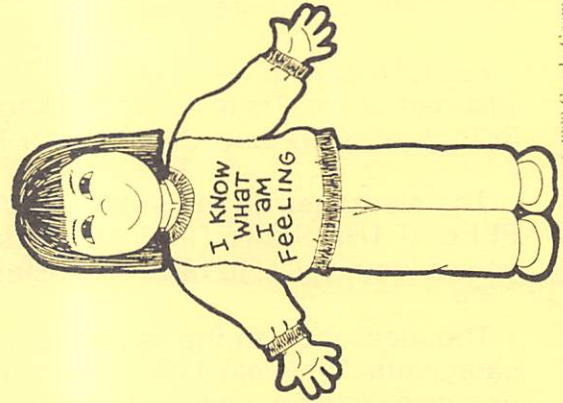
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Dear Special Person,

PAPER PEOPLE were created to help you have fun and learn about feelings. PAPER PEOPLE can be whoever you want them to be. There are no right or wrong ways to use them. You can use your imagination.

Get out your crayons, paints or colored markers and color the PAPER PEOPLE. Then you can cut them out.

As you play with the PAPER PEOPLE, remember ALL OF YOUR FEELINGS ARE OK TO HAVE. You can be happy, scared, sad and angry. You may already know that YOU CAN HAVE MORE THAN ONE FEELING AT A TIME, or that FEELINGS CHANGE. The good feeling you have when eating an ice cream cone changes suddenly if the ice cream falls to the ground.

FEELINGS ARE PART OF US. They are not good or bad, right or wrong, they are just part of us. It is important to know that YOU ARE IN CHARGE OF YOUR FEELINGS AND YOU CAN LEARN TO RECOGNIZE AND EXPRESS THEM.

The messages on the sweatshirts help you to know that YOU CAN THINK AND FEEL AT THE SAME TIME. The messages are for growth and health. They can help you to learn skills, to raise self-esteem and to make good decisions about life.

The messages on the vests are from the PAPER PEOPLE who represent adult caregivers. They may be your parent, teacher, baby-sitter, neighbor, care provider or coach. You can choose the messages on the vests you would like to hear. Ask someone to read them to you.

As you start to play with the PAPER PEOPLE, look at each feeling face. Imitate the face. Be aware of how your body feels. Tell, write or draw about a time you had this feeling and share that experience with someone. Read or have someone read the messages on the sweatshirts. Find or write a message you would like to hear and put this on the PAPER PEOPLE. You can change the feeling faces and the sweatshirt or vest messages whenever you want. REMEMBER - YOU ARE IN CHARGE OF YOUR FEELINGS AND WHAT YOU CHOOSE TO DO WITH THEM.

On the sweatshirts that are blank you can:

Print



Write



or



(finish the sentence telling something special about yourself)

I know you will think of many ways to play with these PAPER PEOPLE alone, with friends or family. I would like to hear about ways you invent to use the PAPER PEOPLE. Write and tell me what you are doing. YOU ARE SOMEONE VERY SPECIAL.



CAROLE GESME

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Enjoy, Carole Gesme



INTRODUCING: LUNCH BAG GOODIES

by Carole Gesme

Lunch Bag Goodies are eight different colored pads of fifty pages each that give four hundred opportunities to write self-esteem building messages to other people and yourself. They offer eight different topics to write messages about.

I watched illustrator Barbara Kobe fix her four-year-old son Kristopher's lunch. After putting the food in his lunch bag she quickly drew a little picture and wrote him a message that said, "I miss you and look forward to seeing you after school." She gave him his lunch and reminded him to have the teacher read him the note at lunch. I liked the goodies she sent in the lunch bag, and realized that many other people would like them. Lunch Bag Goodie was born!

Have You Had Your Goodie Today?

by Barbara Kobe

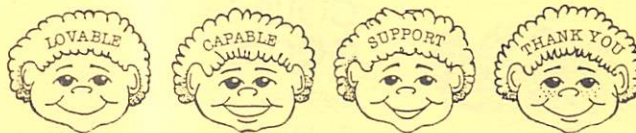
My son's child care provider had commented several times to me about how she thought the notes that I put in Kristopher's (age four) lunch bag were a great way for me to connect with him in the middle of the day. She had noticed that Kris looked forward to them, and that she looked forward to seeing what new stroke I would put on the note for that day. She asked me, "How do you keep coming up with something new every day?" I know it is important to offer a variety of strokes to my kids, and I was combining what I had learned about affirmations with my artistic skills to come up with a new way of saying you are lovable or you are capable each day.

When Carole Gesme suggested that we create Lunch Bag Goodies for all of you, I felt excited that I could help produce a product that would support parents in connecting with their children. I struggled with the design for a month. I wondered what kind of image would be appealing to children and their parents. I wanted a special messenger or character who could represent the wonderful variety of positive strokes a parent can give a child. I recall the evening I sat at my drawing table playing with shapes and designs, and asked myself, "What would a Lunch Bag Goodie look like?" This is it, I thought! I would draw a character named L.B. Goodie. After that the design was easy. I knew I wanted L.B. Goodie to show joy, to look like it could be a boy or a girl and to be universal enough to represent any nationality. I dressed the Goodies in really big T-shirts, so there would be plenty of space to write strokes.

There are eight different kinds of Goodies — Lovable, Capable, Important, Thank You, Support, Award, Celebrate and a Goodie Coupon. I think that Lunch Bag Goodies have a great future in helping us stroke children of all ages. Have you had your Goodie today?

LUNCH BAG GOODIES BUILD SELF-ESTEEM

by Carole Gesme



Self-esteem is as important to children as the air they breathe, yet too many children lack self-esteem and too many adults don't recognize the need for it. Spend just a few minutes in a store and listen to the messages parents give their children. How many messages are positive?

One way we build self-esteem is by having others tell us what they appreciate about us. Children need to be told over and over again in a variety of ways that they are lovable and capable. Too often children do not see themselves as important enough to deserve love and respect.

We know the importance of positive self-esteem building messages. As adults, this is the area in which we have great power and opportunity to impact self-esteem. "All the time that children are with us, we set a rich buffet of positive and negative messages or rewards from which children may choose building blocks for their own self-image." (Clarke p. 6).*

Knowing that children determine their self-worth from the decisions they make about the positive messages they hear about who they are and what they do, Lunch Bag Goodies offers one more way to give a rich buffet of esteem building messages, a way that appeals to the visual and kinesthetic learner. Too often we adults forget to take the time to offer rewards, to give support, or to say thank you.

It takes only a few minutes to write an affirmation or message to someone you care about. Here are eight of a hundred ways L.B. Goodies can be used.

- Put them in a lunch bag. (If the child doesn't read, remind him to have the teacher read it to him.)
- Put them in children's pockets, tape them on the mirror, or send them in a suitcase.
- Use them to say, "I love you."
- Write positive comments about a child's work — describe what you see.
- Use them to reward improved behavior — even if the improvement is small.
- A teacher can send L.B. Goodies home with the child.
- A parent can write an L.B. Goodie for a school bus driver.
- If there is anyone you have forgotten to thank, use an L.B. Goodie to say thanks now.
- If you aren't comfortable giving verbal compliments, you can let L.B. Goodies help you practice writing them.

**Self-Esteem: A Family Affair* by Jean Illsley Clarke, Harper & Row, 1978.

Examples of Lunch Bag Goodie Notes



COUPON GOODIE

One hug.
An extra story at bed time.
Have a friend stay over night.
A 15 minute foot rub.
Rental of a special movie.
One half hour of time alone with Mom.



CAPABLE GOODIE

You did a good job finishing your project last night.
What a clever way of putting colors together.
You did it! You rode your bike without the training wheels.

IMPORTANT GOODIE

You are an important person in this family.
I like it when you remind me to play.
You are a very special brother.



AWARDS GOODIE

A good listener.
A warm and caring friend.
Gold medal for cooperation.
Terrific teamwork.



CELEBRATE GOODIE

I celebrate the day you were born.
I celebrate our special friendship.
Congratulations on starting fifth grade.



THANK YOU GOODIE

I appreciate your help cleaning the house.
Thanks for doing quiet activities when I wasn't feeling well.
Thank you for passing out the papers.
Thank you for sharing your ideas with me.

SUPPORT GOODIE

I am here if you need me.
You can count on me.
I am willing to help you figure it out.
I am a good listener if you want to talk.
It's okay to feel sad.
I am willing to hold you and be with you while you are feeling sad.



LOVABLE GOODIE

I love who you are.
I love you no matter what.
I love you to where the dinosaurs live.
I sure am lucky to have a kid like you in my life.
I'll be thinking about you while you are eating lunch today.



Introducing...

LUNCH BAG GOODIES



LUNCH BAG GOODIES BUILD SELF-ESTEEM

Lunch Bag Goodies are eight different colored pads of fifty pages each that give four hundred opportunities to write self-esteem building messages to other people and yourself. They offer eight different topics to write messages about.

Introducing ... "Paper People"

Find the face that fits the message. YOU DECIDE!

"Use these Paper People to help your feelings help you" —

Jan Illsley Clark, author of GROWING UP AGAIN
& SELF-ESTEEM: A FAMILY AFFAIR



Paper People includes over 100 pieces:
4 children — 2 adults — feeling faces (4 basic feelings) —
vest & sweatshirts with messages for growth and health.

These Paper People can help you learn skills,
raise self-esteem and make
good decisions about life.

Special Introductory Offer

Send _____ set(s) of "PAPER PEOPLE," at \$9.95 per set.
Send _____ set(s) of "LUNCH BAG GOODIES" at \$8.95 per set.

Name _____

Address _____

City _____ State _____ Zip _____

Please send check or money order to:

I Wanna Be Me c/o Carole Gesme
4036 Kerry Court
Minnetonka, MN 55345 or call (612) 938-9163

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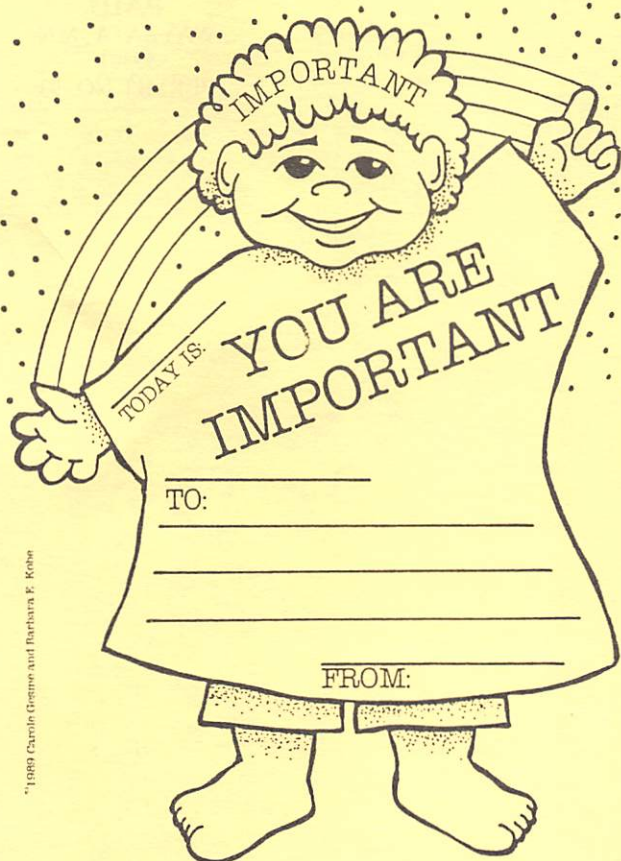
What People Have Said About Using LUNCH BAG Goodies

A woman recently reported that because her teenage son had decided not to finish high school she was so angry with him that she could not give him any message without her body showing how angry she was. By using the Lunch Bag Goodies she was able to write positive messages and place them where he could see them. This allowed her to give the messages of unconditional love she wanted to give without showing anger in her body language.

Some people report it is easier to accept a positive message when it is written than when it is spoken.

One person reported learning to give a greater variety of messages by writing L.B. Goodies.

NOTICE: Send **WE** information about ways you use the Paper People and the Lunch Bag Goodies and we will share your ideas with other readers.



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Opening Activity

Hand out L.B. Goodie notes for name tags.

Ask each person to:

- Choose a partner.
- Make a name tag for her by writing her name on the note.
- Write your own affirmation for your partner or ask your partner what she would like you to write.
- Introduce your partner and read the affirmation to the group.

Closing Activity

To offer everyone a positive personal message

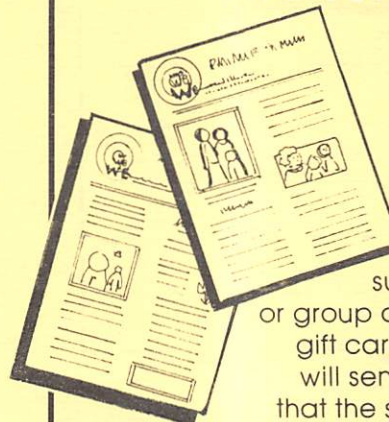
At the end of the meeting:

- Briefly review the activities of the meeting.
- Ask several people to share ways they are going to use the idea of Lunch Bag Goodies.
- Ask for Resentments. Listen to resentments, do not defend or explain.
- Ask for Appreciations.
- Hand each person a Lunch Bag Goodie note and ask him to write a positive message from himself to himself, read it to his neighbor and then put it in his wallet for future readings.

Good leaders find many ways to affirm the people in their groups!



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Led by Jean Illsley Clarke

A week-long workshop for people who want to . . .

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A twelve hour workshop that focuses on . . .

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Write to **WE** for details on our workshops.

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