

What Makes Me Feel Good About Myself?



Positive Self-talk

- Have children write and/or draw pictures of 2-3 things that make them feel good about themselves
- Do not limit items to only things that they are "good at" or have achieved to avoid misrepresenting self-esteem to be only about performance and achievement

- Have children write down at least two things they can say to themselves to boost their self-esteem
- They can decorate around this box as they like

BOOST

My Strengths and Accomplishments

- Children can write and/or draw pictures about 2-3 strengths or accomplishments
- In terms of accomplishments, this can be something they are currently working on

ME UP

A Challenge I Overcame

- Children can write about and/or draw pictures about a challenge they overcame or are working on
- It is important to emphasize to children that self-esteem is also about perseverance and resilience (e.g., "to never give up!") in the face of challenges

Message for Me

Children can write a positive message to themselves or a message for all kids (e.g., "never give up!") to boost their self-esteem