

# Self-esteem activity



## What is self-esteem?

Think about these questions and see if you can answer them. What do you think about the type of person you are? What are your abilities? Think about the positive and negative things about yourself and what you expect for your future. We use the phrase self-esteem to talk about the beliefs you have about yourself.



Draw a picture of someone you think has good self-esteem.

A large, empty, rounded rectangular box with a black outline, intended for drawing a picture of someone with good self-esteem.

# Self-esteem activity



## Positive self-esteem

You may experience some difficult times in your life, but you will generally be able to deal with these experiences without them having too much of a long-term negative impact on you. Your beliefs about yourself will generally be positive if you have healthy self-esteem.



Make a list of all the positive things about yourself.

Butterfly icons on the left side of the writing area:

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# Self-esteem activity



## Negative self-esteem

If you have low self-esteem, your beliefs about yourself will often be negative. You will tend to focus on your weaknesses or mistakes that you have made and may find it hard to recognise the positive parts of your personality. You may also blame yourself for any difficulties or failures that you have.



What are some things that might give people low self-esteem?

A large rounded rectangle containing a list of ten butterfly icons on the left and horizontal dashed lines for writing on the right.

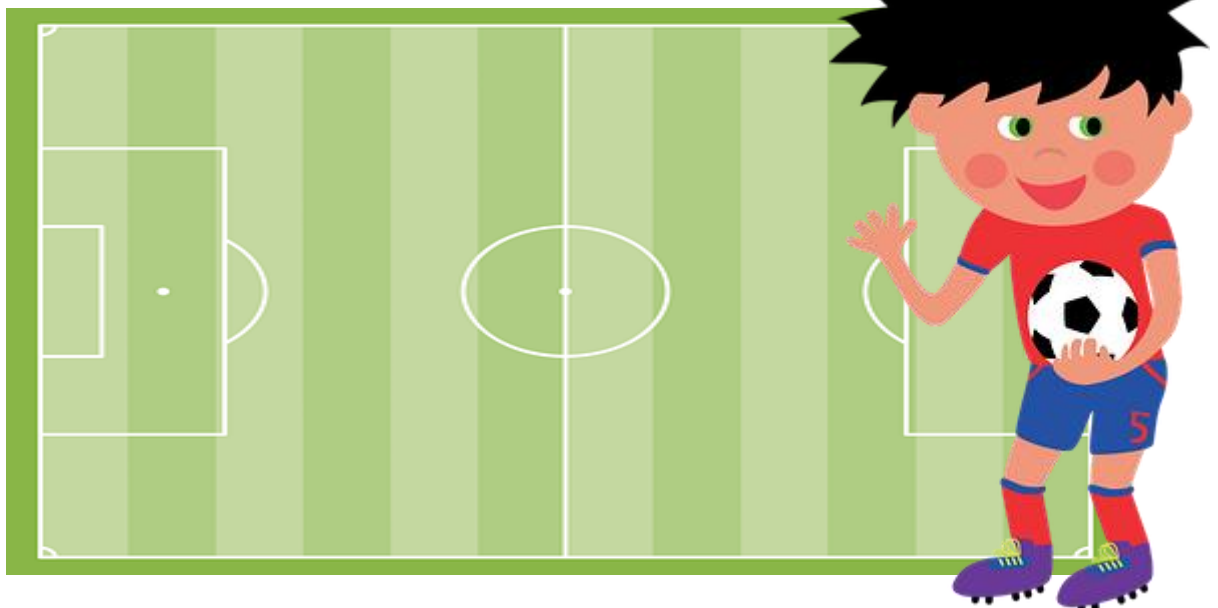


# Self-esteem activity



## Case study

Jason has just started a new school. He had to leave his old school because his family moved house. He has joined a new football team at his new school. He does not know anyone who goes to the school or on the football team. Jason is an only child but has older cousins that live close to his new house. His cousins often call him names like: “Loser” and “Wimp”. Jason is shy and sensitive, he easily gets upsets, and this makes him very anxious. At his old school, Jason’s football coach was very supportive and believed in him which helped Jason become a confident football player. Jason is worried he will not have the same experience with his new football coach. Jason wants to make some new friends, but he is scared that they will not be nice to him.



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## Case study questions



Does Jason have a healthy or low self-esteem?

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What are the reasons for this?

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What advice would you give Jason?



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# Self-esteem activity



## About your self-esteem



Make a list of people that you can talk to about your self-esteem:

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Think of a time that makes you feel very good about yourself and describe it below:



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