

nurturing potential



Session: 'Self Esteem'

Pre-session Preparation

Copies of worksheets

Learning Objective

Sharing positive comments about each other helps other peoples self esteem. This relates to responsibility and respect sessions in particular.

Two minute recap of last session.

Hand out 'Self Esteem' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Write the following on the board - Self Esteem has been described as;

"Confidence in our ability to think and to cope with the basic challenges of life (doing well)"

"Confidence in our right to be happy, the feeling of being worthy, deserving, entitled to assert our needs and wants and entitled to enjoy the [results] of our efforts (feeling good)...[while always considering others.]

Exercise – 20-30 minutes

Working in pairs participants identify their personal successes.

Aiming for 20+ items and thinking about all of their roles (refer to 'ROLES' session).

They should be prepared to share their answers with the group.

What have they thought, said and done (done well) that made them 'feel good'?

Prompts....

I am good at....which means

I have achieved....

I am....

I enjoy.....because

2) Think about the previous sessions – how are these subjects and skills important in helping them maintain their self esteem so that they always think, act and speak in a constructive way?

3) What can they do today to increase their self esteem and what will be the impact on others they interact with?

Ensure a **HUGE** round of applause after each presentation to make participants feel good about themselves.

Session Close – Last 5 minutes Relaxation & Time Out

Close session and thank participants for their time and contribution.

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Name:	Date:
Session Number:	Session Name: SELF ESTEEM

Understanding Self Esteem and its importance in living your life of purpose.

Self Esteem has been described as:

“Confidence in our ability to think and to cope with the basic challenges of life (doing well)”

“Confidence in our right to be happy, the feeling of being worthy, deserving, entitled to assert our needs and wants and entitled to enjoy the [results] of our efforts (feeling good)...[while always considering others.]

1) Identify your personal successes. Aim for 20+ items and think about all of your roles. Be prepared to share some of your answers with the class.)

What have you thought, said and done (done well) that made you ‘feel good’?

I am good at...which means

I have achieved....

I am....

I enjoy.....because

2) Think about the previous sessions – how are these subjects and skills important in helping you maintain your self esteem so that you always think, act and speak in a constructive way?

3) What can you do today to increase your self esteem and what will be the impact on others you interact with?