

LO to learn to build our confidence and self-esteem

Hobby Time

- How do you like to spend your time when you are not at school?
- What are your interests and hobbies?

Draw a brainstorm below to show what your interests and hobbies are.

STOP, THINK AND REFLECT

Compare your interests with the people on your table.

How are they similar? How are they different?

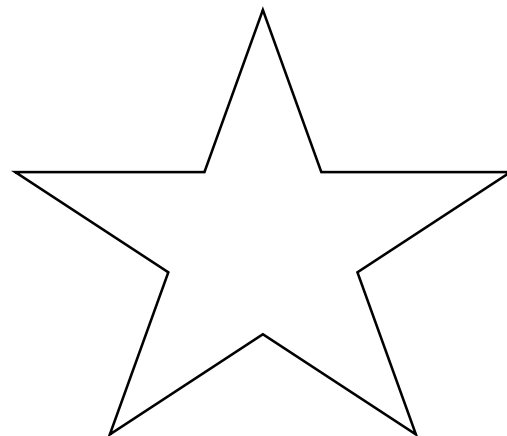
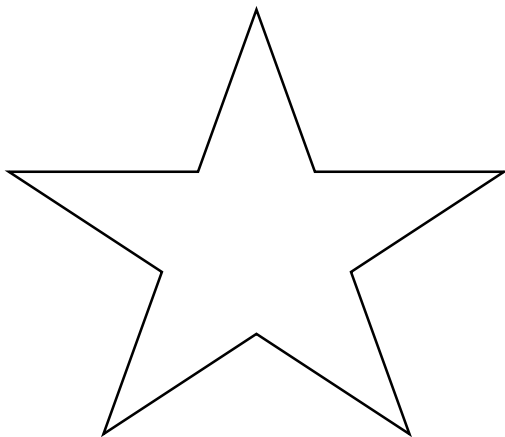
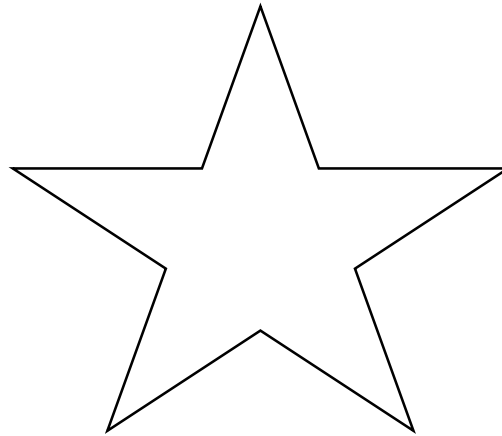
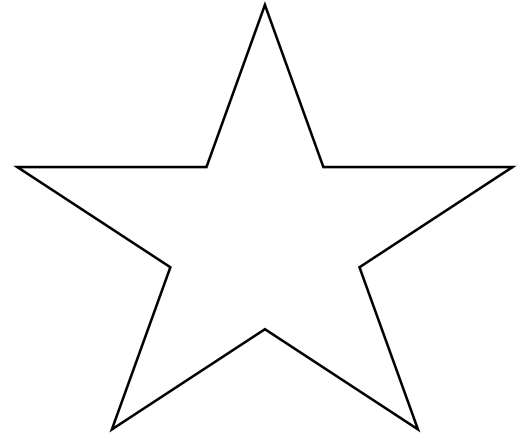
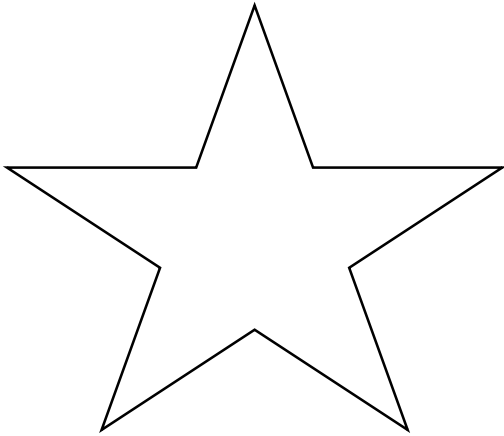
Ten Interesting Things About Me

Likes Dislikes Hobbies Interests Loves Hates Passions	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Personal Compliments

Pay yourself FIVE compliments - YOU CAN!

Just think, plan and talk. Draw and label them in the stars.



How can we help each other?

For each of the scenarios below, write a short paragraph explaining what you would do to help.

A disabled child in a wheelchair.

An older man who is scared to go out.

A child who finds it hard to behave and keeps shouting out.

A blind child who is new to your school.

A child who cannot speak your language.

What sort of things would **not** be helpful in these scenarios?

Self-acceptance - a checklist

People who accept themselves for who they are and who have good self-esteem have the following characteristics.

Rate yourself against each statement, with 1 being not yet an 3 being a definite yes.

	Have certain values they believe in, act on and can defend. At the same time, they are secure enough to alter these.
	Are able to act in their own best interests without excessive guilt. If they make 'mistakes' they are able to accept and learn from them.
	Value themselves and see themselves as being a value to others.
	Are sensitive to the needs of others.
	View others positively, looking for the best in them.
	Remain confident in their ability to deal with problems, even in the face of setbacks.
	Feel equal to others as a person.
	Accept praise without false modesty or rejection.
	Accept the range of desires and feelings they experience - positive and negative.
	Do not worry unnecessary about the future or the past.

If you feel comfortable, discuss these with your partner.

Which ones could you work on?

Know yourself - thoughts and feelings

Thoughts that make me feel positive:

-
-
-

Thoughts that make me feel negative:

-
-
-

Activities that make me feel positive:

-
-
-

Activities that make me feel negative:

-
-
-

Think good, feel good

My ABC

An adversity is a difficulty you might face. For each one, think of an adversity. Then think of what you will tell yourself about the situation and then how it will make you feel. Have a look at the example below and then create two of your own.

Adversity	Belief	Consequences
My friend goes off with someone else and leaves me out.	I tell myself it's because I'm not good enough.	I feel sad, lonely, left out and hurt.

Discuss each one with your partner.

How could you change your beliefs to make the consequences more positive?

Rewrite one below. The first one has been done for you.

Adversity	Belief	Consequences
My friend goes off with someone else and leaves me out.	I tell myself it's great that they have so many friends and it's good to have a break sometimes. I have other friends I can play with too.	I feel happy for her and look forward to spending time with different people.

A positive note to me

Write a positive letter to yourself.

Write down all the things that make you feel glad to be you.



Dear

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing.



love from,

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing.