

N O P r e p

Self Esteem Small Group

Session Four: Positive Self Talk

Objectives:

-Students will learn to use positive self talk as a method of remembering to focus on their strengths.

Materials:

Directions and Flap Book from Pages 12-14
Scissors
Glue
Coloring Materials

Pre-Activity Discussion:

-Raise your hand if you remember some of the strengths or accomplishments that you are proud of.
-Sometimes it is hard to remember aspects of ourselves.
-One way to do this is that when we think about ourselves, we can use things about ourselves that we can use.
-Does anyone know what self talk is?
-Today, we are going to do an activity that will help us remember positive messages we can send to ourselves about believing negative things about ourselves.

Activity: (20-25 minutes)

Today we will be making a flap book that we can use positive self talk. Use the flap book to write down positive self talk.

Post-Activity Discussion:

-How can self talk help you to feel better about yourself?

Bonus Activity: Self Esteem Roll and Respond

Objectives:

-Students will further explore concepts related to self esteem.
-Instructor will be able to assess what students have learned during group.

Materials:

Dice

Activity: (15-20 Minutes)

Students will take turns rolling a dice. Based on the number they roll, they will respond to the prompt at the bottom of the page. When a student answers a prompt, they earn one point. The student with the most points at the end of the game in a whole group setting, or in small groups.

Name: _____

My Strengths

Here are the things that are good about me:



What is one thing you can do if someone is being mean to you?



Name one reason self esteem is important.



Name one way that you can help someone else feel good about themselves.

Self Esteem Group Manual

Padhraic Smyth



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