

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 are proud of.
-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 positive things about ourselves.

Activity: (20-25 minutes)

Today we will be making a flap book that we can use positive self talk. Use the directions and flap book from pages 12-14.

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 rolled, they will respond to the prompt at the bottom of the page. Student with the most points at the end of the game wins. In a whole group setting, or in

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

D Keegan



Self Esteem Group Manual:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Self Esteem Group Manual**

In some sort of inundated with screens and the cacophony of immediate conversation, the profound power and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, situated within the musical pages of **Self Esteem Group Manual**, a interesting work of literary splendor that impulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus manuals viewers on a mental odyssey, gently exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central themes, dissect their fascinating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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