

SELF-ESTEEM

Print + Digital Activities



SMALL DAILY HABITS TO BUILD SELF-ESTEEM

- Name one strength each day.
- Notice your effort, not only the outcome.
- Accept compliments by saying, "Thank you."
- Set small and realistic goals
- Spend time doing things you enjoy.



INFLUENCES ON SELF-ESTEEM



1 FAMILY MESSAGES
What family members say and how they treat you can shape how you see yourself.



2 FRIENDSHIPS
Supportive friends can build confidence, while hurtful friendships can lower it.



3 SOCIAL MEDIA
Posts, likes, and online comparisons can affect how you feel about yourself.



4 SCHOOL & GRADES
Successes, mistakes, feedback, and grades can influence confidence.



5 SELF-TALK
The thoughts you repeat to yourself can strengthen or hurt self-esteem.



6 COMPARISON
Comparing yourself to others can make you forget your own strengths and growth.



7 BODY IMAGE
How you feel about your appearance can affect self-esteem.



8 ACTIVITIES & TALENTS
Sports, hobbies, and talents can help build pride and confidence.



9 FEEDBACK FROM OTHERS
Compliments, criticism, and other people's influence



10 LIFE EXPERIENCES
Challenges, changes, and accomplishments all help shape self-esteem

1. CATCH

Notice the negative thought.



2. CHECK

Ask if the thought is really true.



- ☒ Is it true?
- ☒ What is the evidence?
- ☒ What would

3. CHANGE

Replace it with a kinder, more realistic thought.

Catch it.

STRESS MANAGEMENT Task Cards



Emma notices she is speaking to herself more harshly than she would speak to a friend. What should Emma do next?



SELF-ESTEEM Using Positive Self-Talk

Read the negative self-talk and change it to positive self-talk.



NEGATIVE SELF-TALK: "I always mess up."

POSITIVE SELF-TALK:

Type here.



NEGATIVE SELF-TALK: "Everyone is better than me."

POSITIVE SELF-TALK:

Type here.



NEGATIVE SELF-TALK: "If I fail, people will judge me."

POSITIVE SELF-TALK:

Type here.

20+ Activities and Resources to teach self-esteem!



Name: _____ Date: _____ Per: _____

SELF-ESTEEM Catch, Check, & Change

Read the scenario and use the strategy to find a healthy response.

Scenario: Your teacher asks for volunteers to present first. You know your presentation is finished, but you think, "I'll probably mess up, and everyone will laugh at me." You decide not to volunteer, even though you've practiced several times.

Catch: _____

Check: _____

Change: _____

Scenario: Your friends encourage you to audition for the school musical because they think you have a good singing voice. You immediately think, "I'm not talented enough. Everyone else will be better than me." Instead of trying, you decide not to audition.

Catch: _____

Check: _____

Name: _____ Date: _____ Per: _____

SELF-ESTEEM Your Strengths

Put a checkmark on the positive qualities, skills, and talents you have.

★ Personal Strengths ♥

☐ Kind	☐ Dependable	☐ Accepting	☐ Generous
☐ Honest	☐ Curious	☐ Open-minded	☐ Humble
☐ Patient	☐ Confident	☐ Flexible	☐ Ambitious
☐ Responsible	☐ Respectful	☐ Resilient	☐ Assertive
☐ Creative	☐ Smart	☐ Resourceful	☐ Cheerful
☐ Brave	☐ Helpful	☐ Optimistic	☐ Trustworthy
☐ Hardworking	☐ Adventurous	☐ Determined	☐ Thoughtful
☐ Organized	☐ Friendly	☐ Caring	☐

Skills and Talents _____

Name: _____ Date: _____ Per: _____

SELF-ESTEEM Social Situations

Directions Read the scenarios and create a positive response that you would use in the situation. Your response should include a positive way to respond.

SCENARIO	YOUR RESPONSE
At lunch, you see several classmates sitting together without inviting you. You	

1. CATCH

Notice the negative thought.

I'm not good enough.

2. CHECK

Ask if the thought is really true.

- ☒ Is it true?
- ☒ What is the evidence?
- ☒ What would I tell a friend?

3. CHANGE

Replace it with a kinder, more realistic thought.

I made a mistake, but I can learn and improve.

Catch it. Check it. Change it.

WAYS TO STRENGTHEN SELF-ESTEEM

- Using balanced self-talk
- Recognizing effort and growth
- Spending time with supportive people
- Setting realistic goals
- Accepting compliments
- Limiting harmful comparisons
- Practicing skills instead of expecting perfection
- Setting boundaries
- Asking for help
- Remembering that worth is different from performance



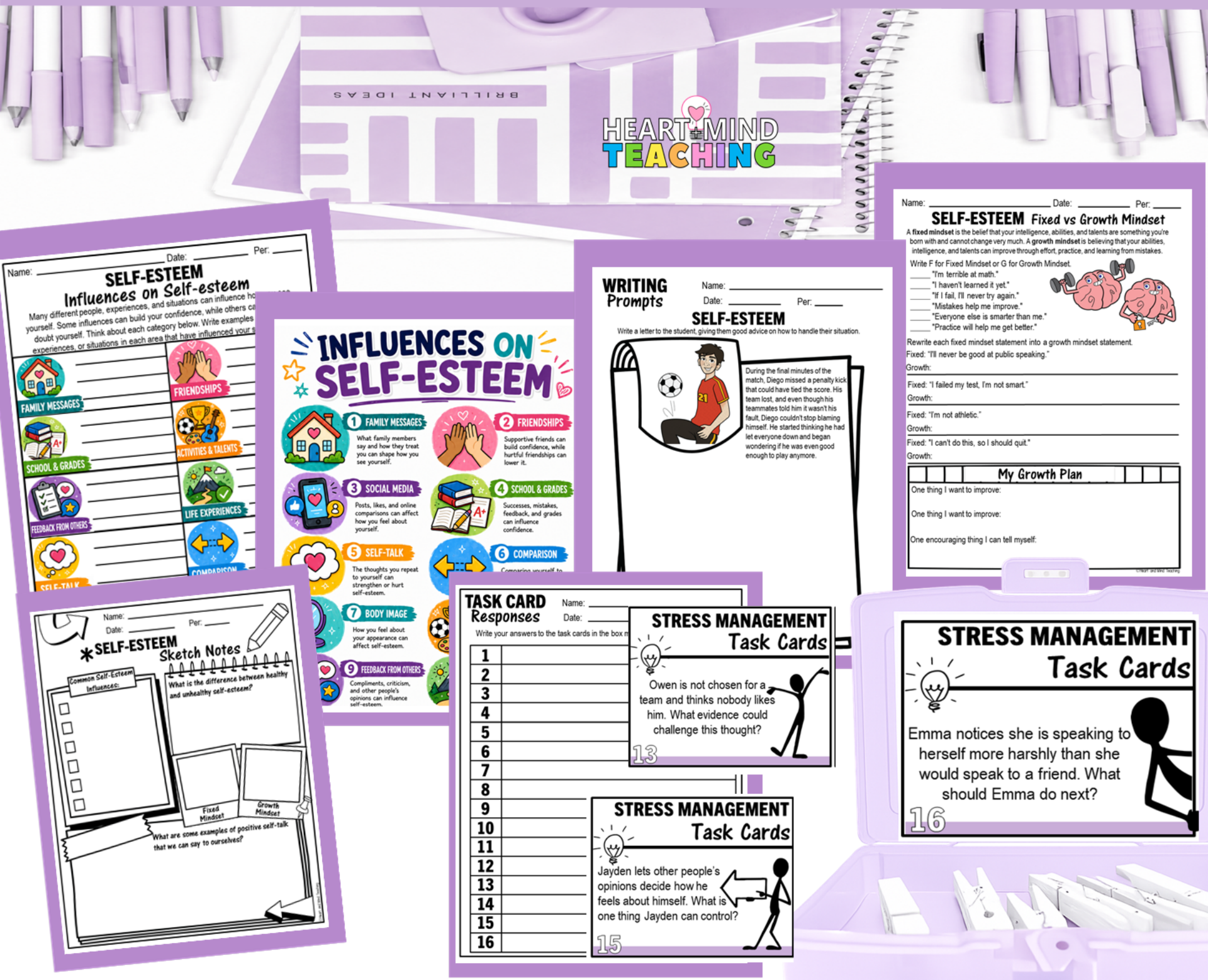
Name: _____ Date: _____ Per: _____

SELF-ESTEEM Using Positive Self-Talk

Read the negative self-talk and change it to positive self-talk.

	NEGATIVE SELF-TALK: "Nobody wants to be my friend. I don't belong here."
	POSITIVE SELF-TALK: _____
	NEGATIVE SELF-TALK: "I'm terrible at this. I'll never be good enough, so I should just quit."
	POSITIVE SELF-TALK: _____
	NEGATIVE SELF-TALK: "My work is awful. I'm just not a good writer."
	POSITIVE SELF-TALK: _____
	NEGATIVE SELF-TALK: "If I say the wrong thing, everyone will think I'm stupid."
	POSITIVE SELF-TALK: _____

Exit Slips, Sketch Notes, Task Cards, Writing Prompts, + more



Name: _____ Date: _____ Per: _____

SELF-ESTEEM

Influences on Self-esteem

Many different people, experiences, and situations can influence how you feel about yourself. Some influences can build your confidence, while others can doubt yourself. Think about each category below. Write examples of experiences, or situations in each area that have influenced your self-esteem.

Category	Examples
FAMILY MESSAGES	
FRIENDSHIPS	
ACTIVITIES & TALENTS	
SCHOOL & GRADES	
LIFE EXPERIENCES	
FEEDBACK FROM OTHERS	
COMPARISON	

INFLUENCES ON SELF-ESTEEM

1 FAMILY MESSAGES What family members say and how they treat you can shape how you see yourself.	2 FRIENDSHIPS Supportive friends can build confidence, while hurtful friendships can lower it.
3 SOCIAL MEDIA Posts, likes, and online comparisons can affect how you feel about yourself.	4 SCHOOL & GRADES Successes, mistakes, feedback, and grades can influence confidence.
5 SELF-TALK The thoughts you repeat to yourself can strengthen or hurt self-esteem.	6 COMPARISON Comparing yourself to others can affect self-esteem.
7 BODY IMAGE How you feel about your appearance can affect self-esteem.	9 FEEDBACK FROM OTHERS Compliments, criticism, and other people's opinions can influence self-esteem.

Name: _____ Date: _____ Per: _____

WRITING Prompts

SELF-ESTEEM

Write a letter to the student, giving them good advice on how to handle their situation.

During the final minutes of the match, Diego missed a penalty kick that could have tied the score. His team lost, and even though his teammates told him it wasn't his fault, Diego couldn't stop blaming himself. He started thinking he had let everyone down and began wondering if he was even good enough to play anymore.

Name: _____ Date: _____ Per: _____

SELF-ESTEEM Fixed vs Growth Mindset

A **fixed mindset** is the belief that your intelligence, abilities, and talents are something you're born with and cannot change very much. A **growth mindset** is believing that your abilities, intelligence, and talents can improve through effort, practice, and learning from mistakes.

Write F for Fixed Mindset or G for Growth Mindset.

_____ "I'm terrible at math."
_____ "I haven't learned it yet."
_____ "If I fail, I'll never try again."
_____ "Mistakes help me improve."
_____ "Everyone else is smarter than me."
_____ "Practice will help me get better."

Rewrite each fixed mindset statement into a growth mindset statement.

Fixed: "I'll never be good at public speaking."
Growth: _____

Fixed: "I failed my test, I'm not smart."
Growth: _____

Fixed: "I'm not athletic."
Growth: _____

Fixed: "I can't do this, so I should quit."
Growth: _____

My Growth Plan

Goal	Strategy	Progress
One thing I want to improve:		
One thing I want to improve:		
One encouraging thing I can tell myself:		

Name: _____ Date: _____ Per: _____

*SELF-ESTEEM Sketch Notes

Common Self-Esteem Influences:

Fixed Mindset

What is the difference between healthy and unhealthy self-esteem?

Growth Mindset

What are some examples of positive self-talk that we can say to ourselves?

Name: _____ Date: _____

TASK CARD Responses

Write your answers to the task cards in the box

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

STRESS MANAGEMENT Task Cards

Owen is not chosen for a team and thinks nobody likes him. What evidence could challenge this thought?

13

STRESS MANAGEMENT Task Cards

Jayden lets other people's opinions decide how he feels about himself. What is one thing Jayden can control?

15

STRESS MANAGEMENT Task Cards

Emma notices she is speaking to herself more harshly than she would speak to a friend. What should Emma do next?

16

PowerPoint & Google Slides Included

SELF-ESTEEM
Influences on Self-esteem

Many different people, experiences, and situations can influence how you see yourself. Some influences can build your confidence, while others can make you doubt yourself. Think about each category below. Write examples of people, experiences, or situations in each area that have influenced your self-esteem.

 FAMILY MESSAGES	Type here. _____ _____	 SELF-TALK	Type here. _____ _____
 SCHOOL & GRADES	Type here. _____ _____	 BODY IMAGE	Type here. _____ _____
 FEEDBACK FROM OTHERS	Type here. _____ _____	 FRIENDSHIPS	Type here. _____ _____

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