

# SELF-ESTEEM SUNGLASSES



 Change negative self-statements to positive ones.

# SELF-ESTEEM SUNGLASSES



## Session Objective:

- \*Students will practice changing negative self-statements into positive self-statements.

## Materials:

- \*Sunglasses cut out in advance.
- \*Pencils or dry erase markers if laminated.

## Tips and Tricks:


- \*Laminate it (it will last longer).
- \*Incorporate real sunglasses to add to the fun.

## ASCA Standards:

- \*Career Dev.: Develop an awareness of personal abilities, skills, interests, and motivations.
- \*Pers./Social: Identify personal strengths and assets.
- \*Pers./Social: Develop a positive attitude toward self as a unique and worthy person.

## SEL Competencies:

- \*Self-awareness: Recognizing strengths, self-confidence, accurate self-perception.



## Session Details (about 30 min):

- \*Use either the handouts or the sunglasses, depending on your group.

The younger students will probably prefer the sunglasses and the older students the handouts. Cut out the sunglasses in advance. Place them in the center of the table, spread out for the students to see. This should get their interest.

\*Say: You all are probably wondering what all these sunglasses are doing on our table. Well, today we are going to talk about Self-esteem and these sunglasses are going to help us. You see sometimes we wear negative sunglasses. That means, we see everything in a sad or bad way. When we wear these negative sunglasses for too long, we can start to feel bad about ourselves and not be too fun to be around. When someone is always negative or talking in a sad way about themselves or others, do you want to be around them? (wait for them to respond) Who would you rather be around? (wait for a response). Exactly, we like to have friends who wear positive sunglasses, they are more fun to be around and when we wear positive sunglasses we feel better about ourselves and our future. Let's practice changing negative sunglass statements to positive ones.

- \*Have each student take one sunglass and write a response. Discuss all responses. See the last document for tips on some positive responses.

# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**Even if I study,  
I doubt I will  
pass.**



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**I am not as  
pretty as  
she/he is.**



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**I can't do  
anything right.**



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**Why would they  
want to be my  
friend?**



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**I am not good  
at this.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I give up.**



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**I will never be that smart.**



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**I will never be as good as him/her.**



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---

**This is too hard.**



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---

---

**I just can't do it.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**My life will never  
get better.**



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**Everyone is better  
at sports than I  
am.**



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**I will never be as  
popular as  
him/her.**



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**People always  
talk bad about  
me.**



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**People do not  
like me.**



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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**No one thinks I am funny.**



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**No one ever listens to me.**



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**My teacher likes everyone else more than me.**



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**I do not have many good qualities.**



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**I do not have a lot of friends.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I only have a few friends.**



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**If I do that, I will make a mistake.**



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**I will never make my Parents proud.**



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**I am never going to get better at Math.**



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**I am never going to get better at Reading.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**There is nothing  
I am good at.**



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**People think I  
am ugly.**



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**People think I  
am boring.**



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**I just have too  
many problems  
in my life.**



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**I wish I looked  
like the people  
in magazines.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I wish I was  
someone else.**



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**I will not be  
successful when  
I grow up.**



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**I am a failure.**



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**I am a loser.**



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**I am not smart  
enough to do  
that.**



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# SELF-ESTEEM



# SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I am not cool enough.**



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**I will never impress my teacher.**



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**I am not good at anything in school.**



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**I just can't be happy.**



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**I know it will be a bad day today.**



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# SELF-ESTEEM



# SUNGLASSES



## Negative Sunglasses

**I do not have anything worthwhile to offer.**



## Positive Sunglasses

**I can't get through this.**



**I will never be accepted.**



**I do not have enough skills.**



**People think I am weird.**



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**Even if I  
study, I  
doubt I will  
pass.**



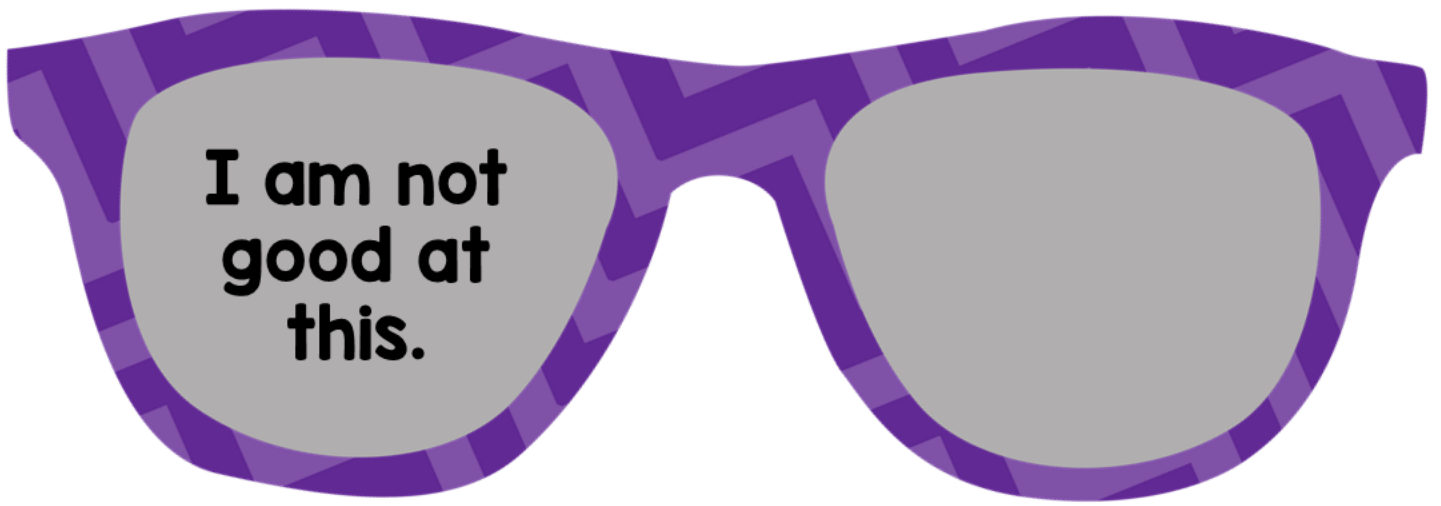
**I am not as  
pretty as  
she/he is.**



**I can't do  
anything  
right.**



**Why would  
they want  
to be my  
friend?**










**No one  
ever listens  
to me.**



**My teacher  
likes  
everyone else  
more than  
me.**



**I do not  
have many  
good  
qualities.**



**I do not  
have a lot  
of friends.**



**I only have  
a few  
friends.**



**If I do  
that, I will  
make a  
mistake.**



**I will never  
make my  
Parents  
proud.**



**I am never  
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better at  
Math.**









**I will never  
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accepted.**



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have  
enough  
skills.**

# SELF-ESTEEM

# SUNGLASSES



## Positive Sunglasses examples:

I am pretty good at...

I can make today a good day.

I have hope for my future.

I will be stronger when I get through this.

I can get through anything.

I can be happy no matter what is going on.

I can't do that yet...but I am going to keep trying.

I can't do that yet...but I will practice more.

I have a lot to offer.

I accept myself as I am.

I am not perfect and that is okay.

I am not perfect but I am still awesome.

I am better in some subjects than others.

I am capable of getting better at...

I am just as capable as everyone else.

I have people who care about me.

I am going to work harder at my ..... skills.

I am loved by my family.

I am accepted by my teacher.

I may fail at times but that is not who I am.

I am unique and that is what makes me special.

I am not the best at sports but I am pretty good at...

What people say does not matter, what I think does.

I am not the best at ..... but I am great at .....

I am a work in progress.

It is okay to make mistakes.

I am beautiful inside and out.

# SELF-ESTEEM SUNGLASSES



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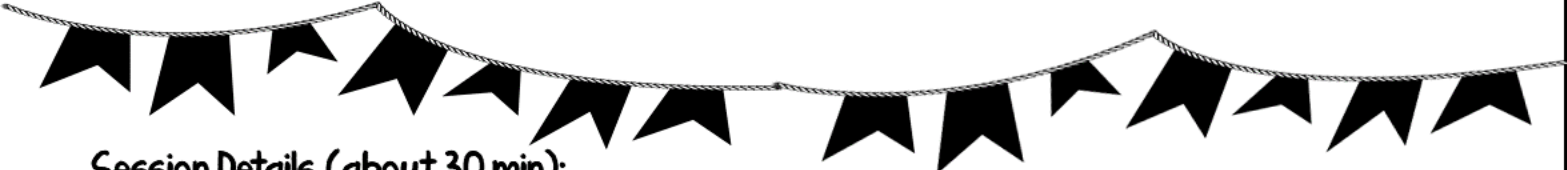
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\*Have each student take one sunglass and write a response. Discuss all responses. See the last document for tips on some positive responses.

# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**Even if I study,  
I doubt I will  
pass.**



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**I am not as  
pretty as  
she/he is.**



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**I can't do  
anything right.**



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**Why would they  
want to be my  
friend?**



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**I am not good  
at this.**



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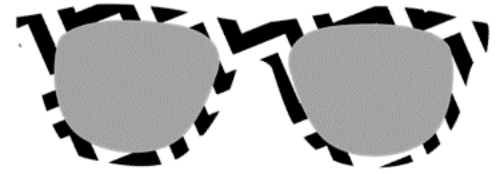
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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I give up.**



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**I will never be  
that smart.**



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**I will never be  
as good as  
him/her.**



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**This is too hard.**



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**I just can't do it.**



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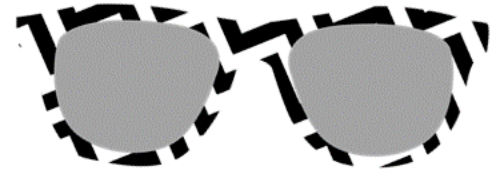
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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**My life will never  
get better.**



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**Everyone is better  
at sports than I  
am.**



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**I will never be as  
popular as  
him/her.**



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**People always  
talk bad about  
me.**



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**People do not  
like me.**



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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**No one thinks I  
am funny.**



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**No one ever  
listens to me.**



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**My teacher likes  
everyone else  
more than me.**



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**I do not have  
many good  
qualities.**



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**I do not have a  
lot of friends.**



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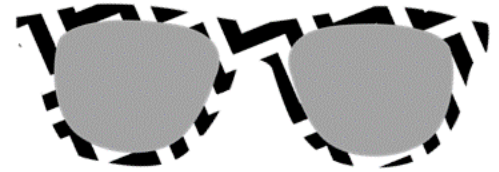
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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I only have a few friends.**



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**If I do that, I will make a mistake.**



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**I will never make my Parents proud.**



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**I am never going to get better at Math.**



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**I am never going to get better at Reading.**



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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**There is nothing  
I am good at.**



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**People think I  
am ugly.**



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**People think I  
am boring.**



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**I just have too  
many problems  
in my life.**



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**I wish I looked  
like the people  
in magazines.**



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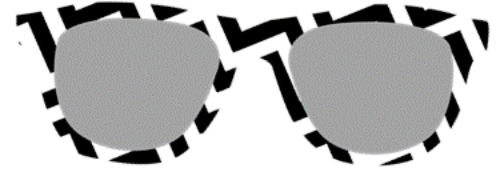
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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I wish I was  
someone else.**



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**I will not be  
successful when  
I grow up.**



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**I am a failure.**



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**I am a loser.**



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**I am not smart  
enough to do  
that.**



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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I am not cool  
enough.**



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**I will never  
impress my  
teacher.**



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**I am not good  
at anything in  
school.**



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**I just can't be  
happy.**



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**I know it will  
be a bad day  
today.**



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# SELF-ESTEEM SUNGLASSES



**Negative Sunglasses**



**Positive Sunglasses**

**I do not have anything worthwhile to offer.**



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**I can't get through this.**



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**I will never be accepted.**



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**I do not have enough skills.**



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**People think I am weird.**




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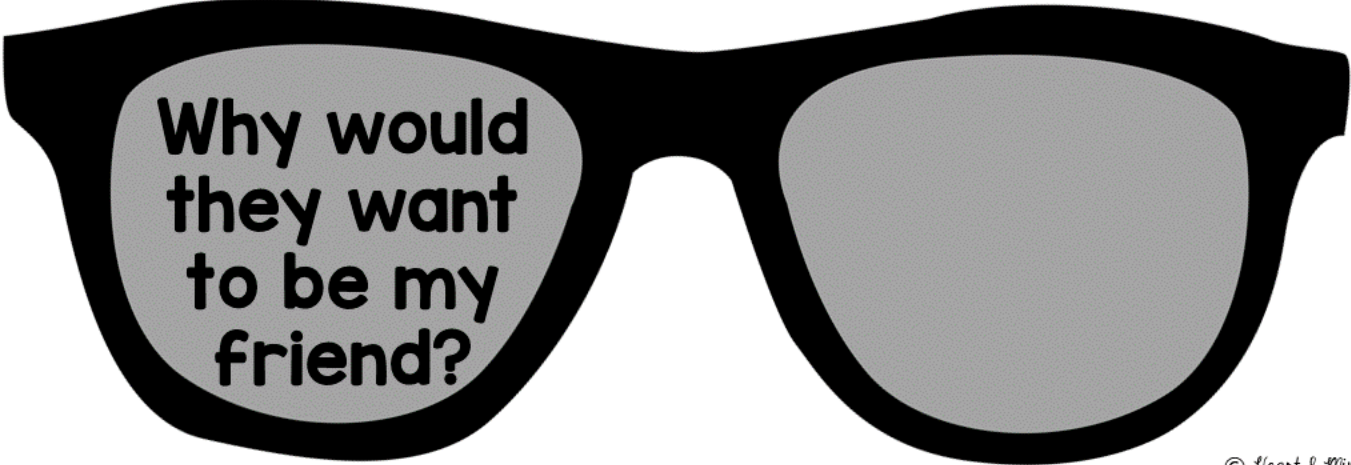
**Even if I  
study, I  
doubt I will  
pass.**



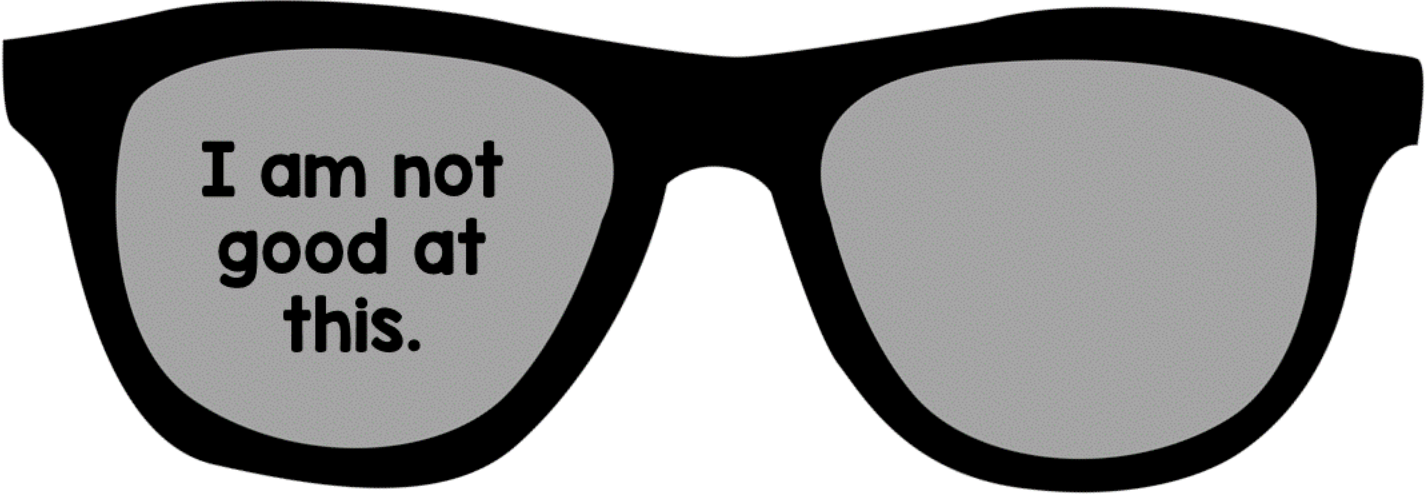
**I am not as  
pretty as  
she/he is.**



**I can't do  
anything  
right.**



**Why would  
they want  
to be my  
friend?**




**I am not  
good at  
this.**



**I give  
up.**



**I will never  
be that  
smart.**



**I will never  
be as good  
as him/her.**



**This is too  
hard.**



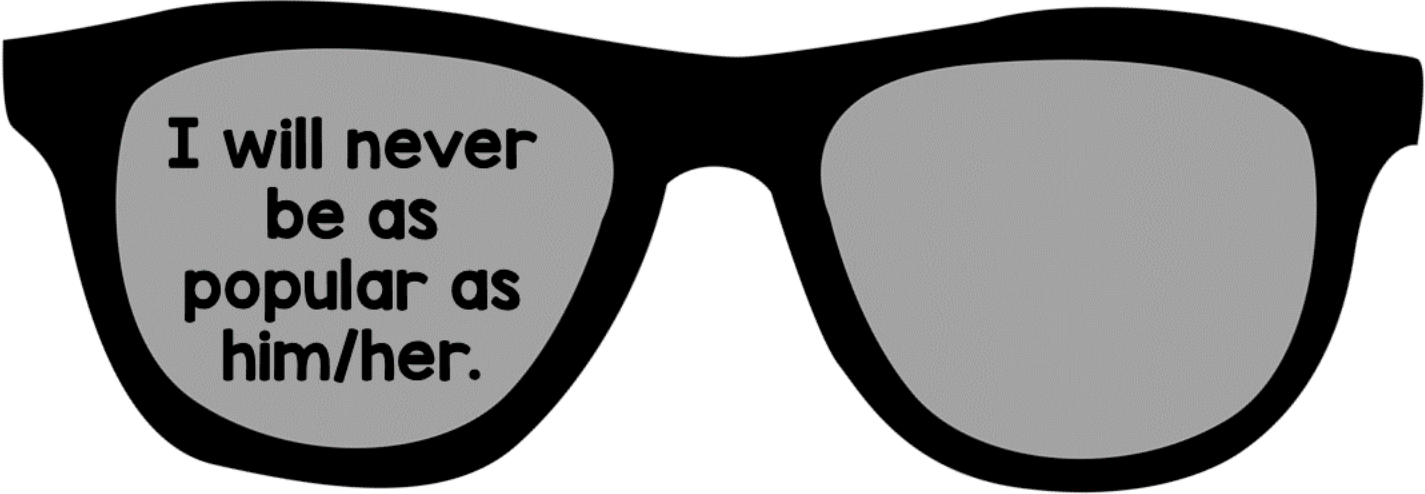
**I just can't  
do it.**



**My life will  
never get  
better.**



**Everyone is  
better at  
sports than  
I am.**



**I will never  
be as  
popular as  
him/her.**



**People  
always talk  
bad about  
me.**



**People do  
not like me.**



**No one  
thinks I am  
funny.**



**No one  
ever listens  
to me.**



**My teacher  
likes  
everyone else  
more than  
me.**




**I do not  
have many  
good  
qualities.**



**I do not  
have a lot  
of friends.**



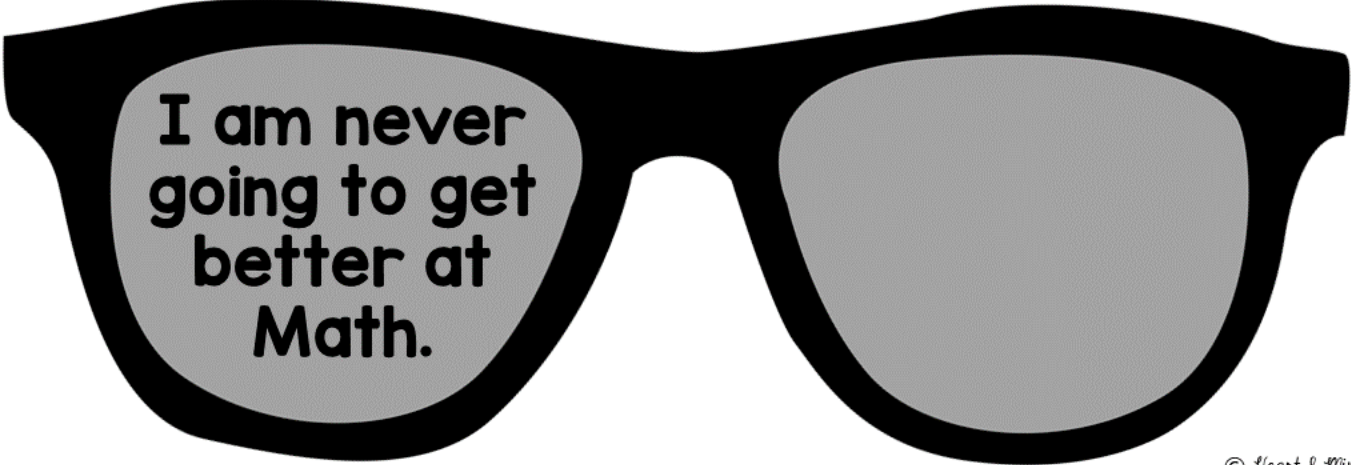
**I only have  
a few  
friends.**




**If I do  
that, I will  
make a  
mistake.**



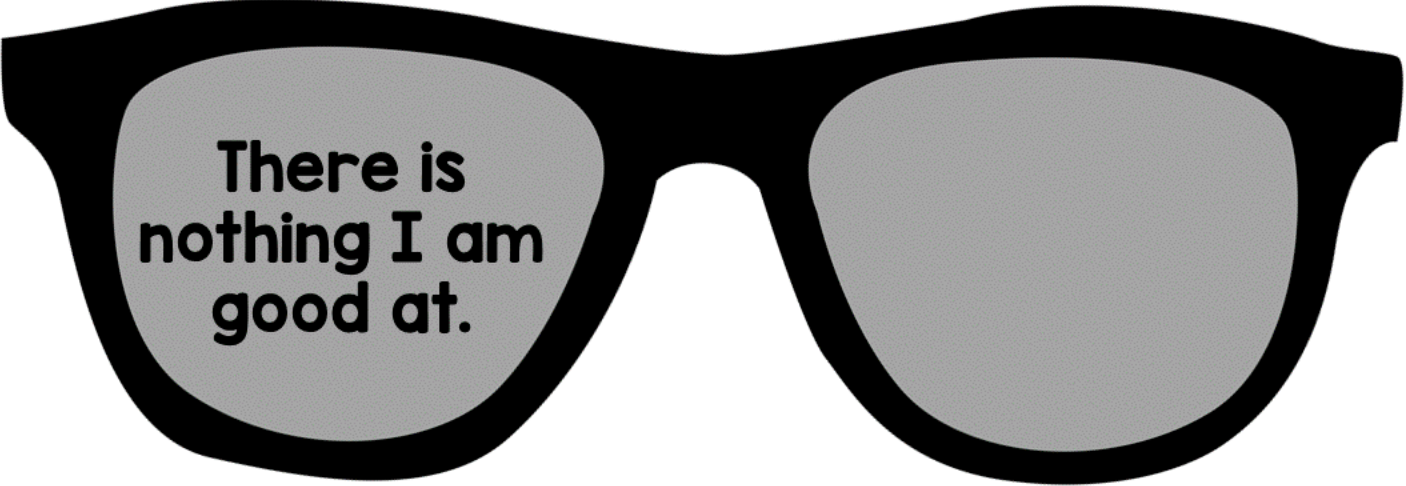
**I will never  
make my  
Parents  
proud.**



**I am never  
going to get  
better at  
Math.**



**I am never  
going to get  
better at  
Reading.**




**There is  
nothing I am  
good at.**




**People  
think I am  
ugly.**



**People  
think I am  
boring.**



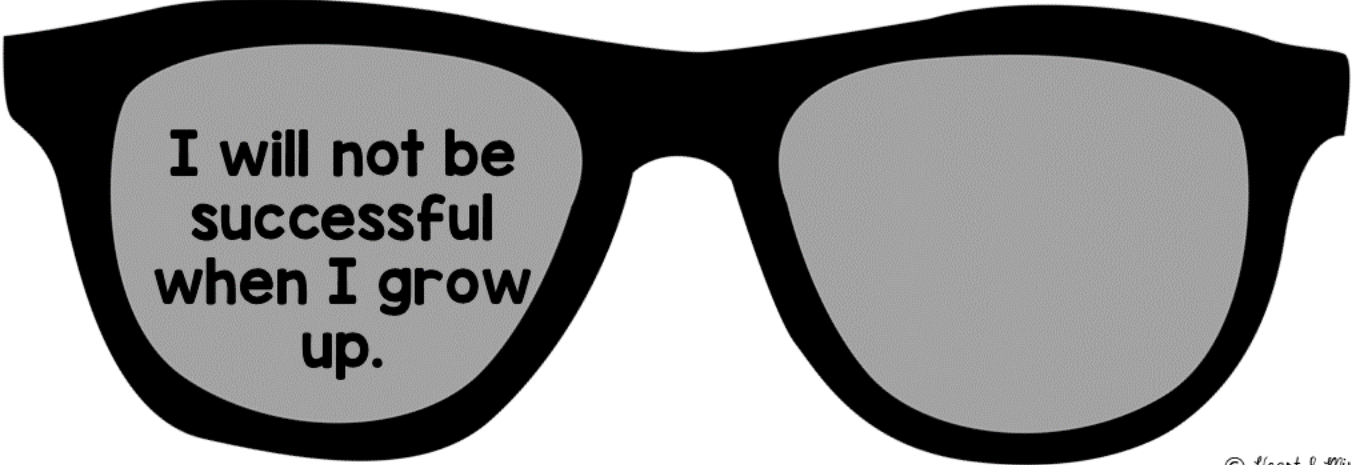
**I just have  
too many  
problems in  
my life.**



**I wish I  
looked like  
the people in  
magazines.**



**I wish I  
was  
someone  
else.**



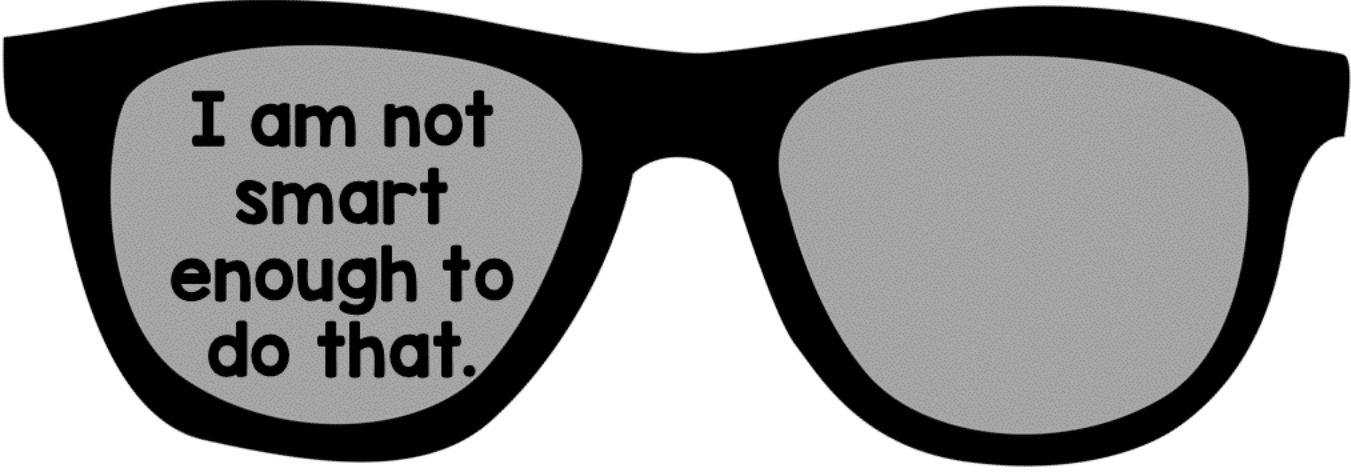
**I will not be  
successful  
when I grow  
up.**



**I am a  
failure.**



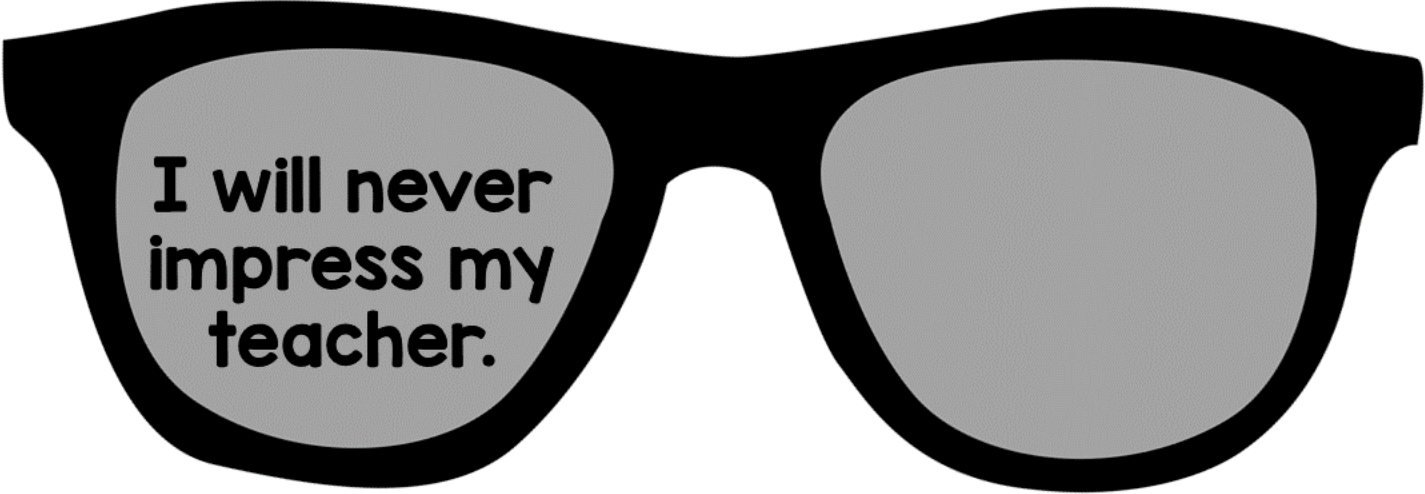
**I am a  
loser.**



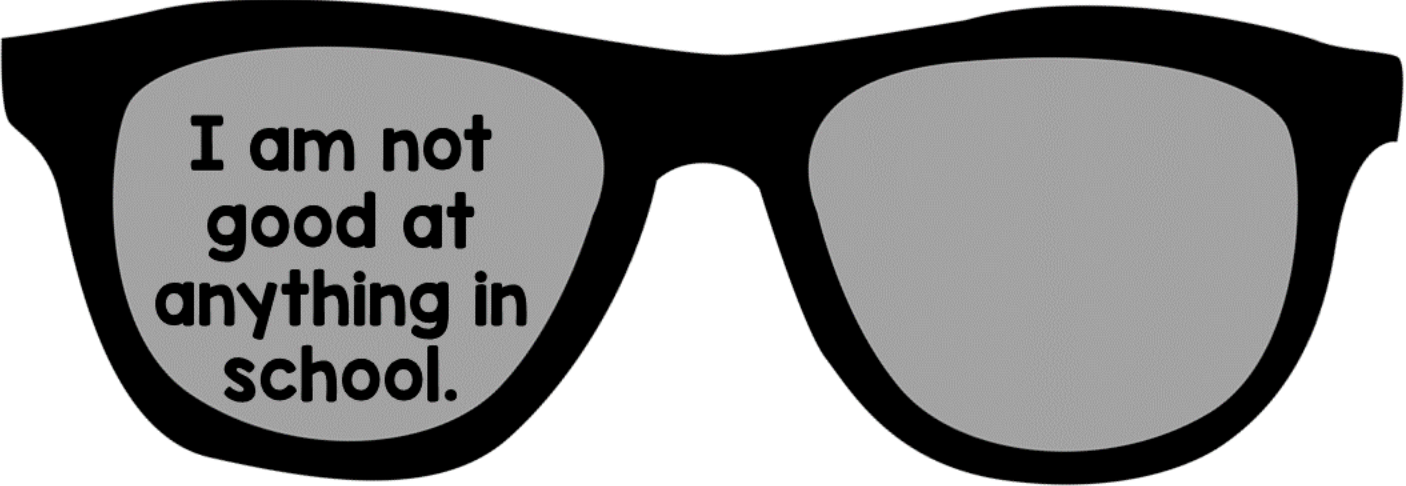
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**I am not  
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**I will never  
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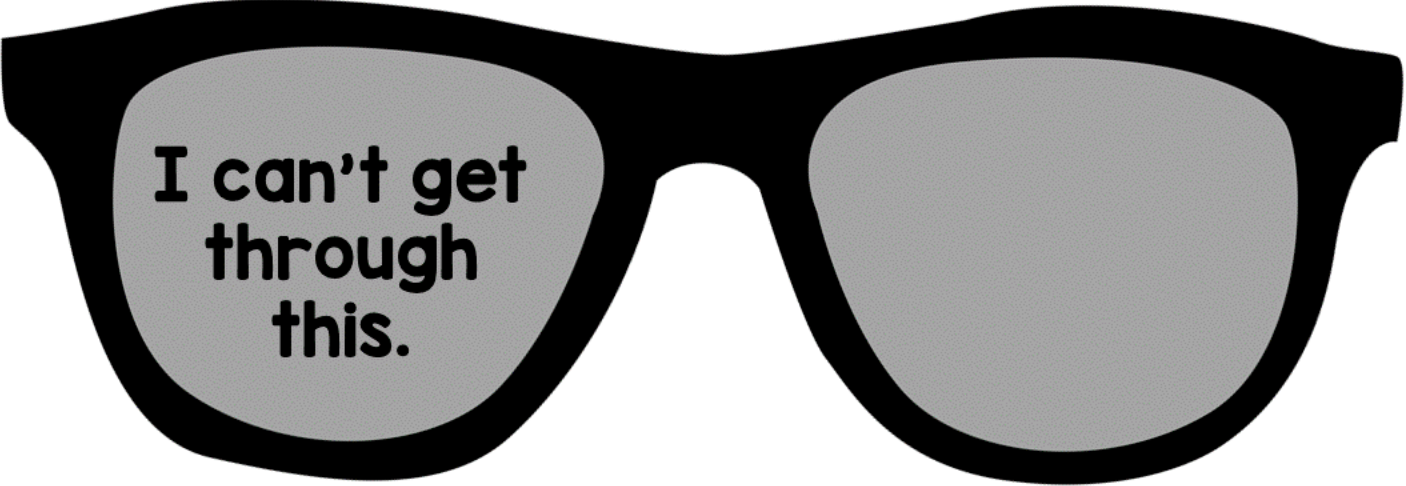
**I just can't  
be happy.**



**I know it  
will be a  
bad day  
today.**



**I do not have  
anything  
worthwhile to  
offer.**



**I can't get  
through  
this.**



**I will never  
be  
accepted.**



**I do not  
have  
enough  
skills.**

# **SELF-ESTEEM**

# **SUNGLASSES**



## **Positive Sunglasses examples:**

**I am pretty good at...**

**I can make today a good day.**

**I have hope for my future.**

**I will be stronger when I get through this.**

**I can get through anything.**

**I can be happy no matter what is going on.**

**I can't do that yet...but I am going to keep trying.**

**I can't do that yet...but I will practice more.**

**I have a lot to offer.**

**I accept myself as I am.**

**I am not perfect and that is okay.**

**I am not perfect but I am still awesome.**

**I am better in some subjects than others.**

**I am capable of getting better at...**

**I am just as capable as everyone else.**

**I have people who care about me.**

**I am going to work harder at my ..... skills.**

**I am loved by my family.**

**I am accepted by my teacher.**

**I may fail at times but that is not who I am.**

**I am unique and that is what makes me special.**

**I am not the best at sports but I am pretty good at...**

**What people say does not matter, what I think does.**

**I am not the best at ..... but I am great at .....**

**I am a work in progress.**

**It is okay to make mistakes.**

**I am beautiful inside and out.**

# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Self-esteem Sunglasses](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**  
Otherwise they will all be editing the same file.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

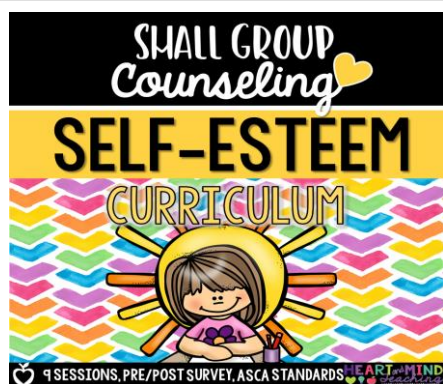
I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

Click the icons to connect with me



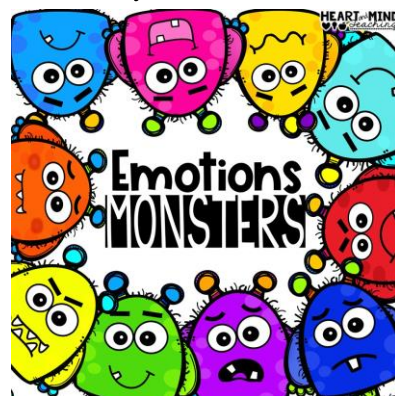
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Please feel free to contact me if you have any questions or feedback about this resource at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)



# CREDITS



[Gayle McGlaulin](#)