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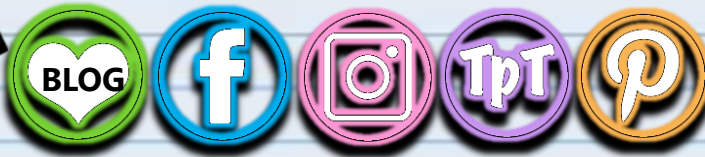
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Ashley

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I WANT FREEBIES

LET'S TALK ABOUT SELF-ESTEEM

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Self-Esteem" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

- *Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.
- *Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.
- *On your turn, you try to get rid of your cards by playing one card onto the discard pile.
 - ****If you have a matching card in your hand***, you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.
 - ****If you do NOT have a matching card***, draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.
- *The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.
- *When a player plays their final card, they WIN!
- *Action cards:
 - *Draw Two card: When played, the next player must draw two cards and lose their turn.
 - *Skip card: When played, the next player loses their turn.
 - *Reverse card: When played, the direction of play is reversed.
 - *Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.
 - *Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

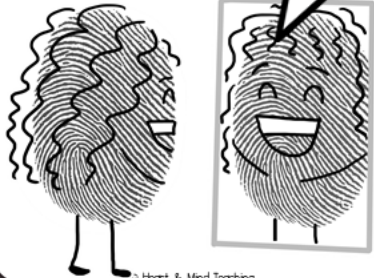
*Behavior: Self-Management Skills: Effective coping skills (B-SMS 7)

SEL Competencies:

*Self-Management: Stress Management, self-discipline.

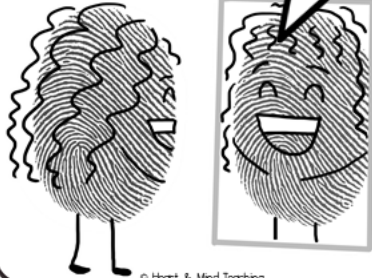
*Self-Awareness: Identifying emotions.

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ABOUT
SELF-ESTEEM**



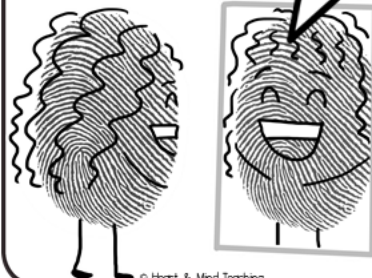
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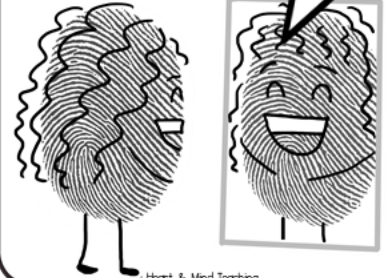
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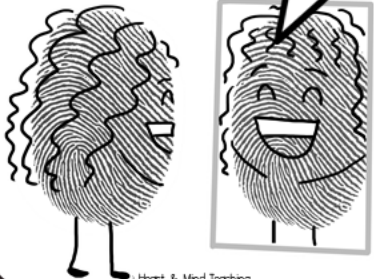
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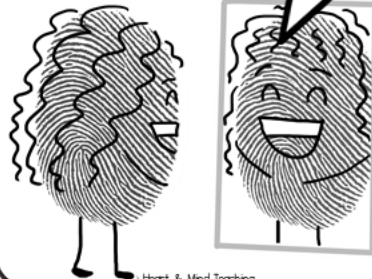
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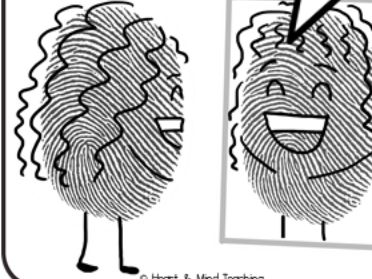
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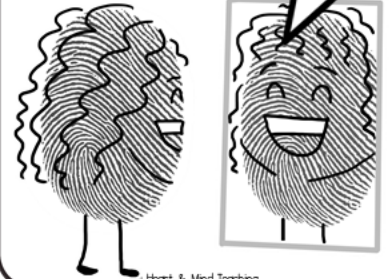
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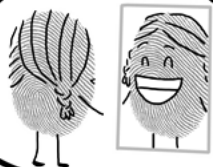
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1



**WHAT IS
SELF-
ESTEEM?**

... SELF-ESTEEM ...

2



**WHY IS IT
IMPORTANT TO
BELIEVE IN
YOURSELF?**

... SELF-ESTEEM ...

3



**HOW DOES
HAVING GOOD
SELF-ESTEEM
HELP YOU FEEL
HAPPY?**

... SELF-ESTEEM ...

4



**CAN SELF-
ESTEEM
CHANGE OVER
TIME? HOW?**

... SELF-ESTEEM ...

5



**WHAT DOES IT
FEEL LIKE WHEN
YOU HAVE HIGH
SELF-ESTEEM?**

... SELF-ESTEEM ...

6



**WHAT DOES IT
FEEL LIKE WHEN
YOUR SELF-
ESTEEM IS LOW?**

... SELF-ESTEEM ...

7



**WHY IS IT
IMPORTANT TO
BE KIND TO
YOURSELF?**

... SELF-ESTEEM ...

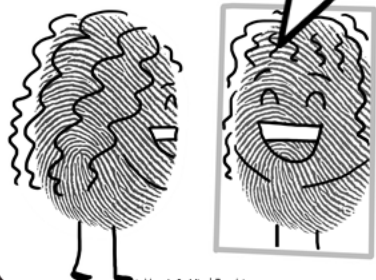
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**HOW DOES
SELF-ESTEEM
AFFECT THE WAY
YOU TREAT
OTHERS?**

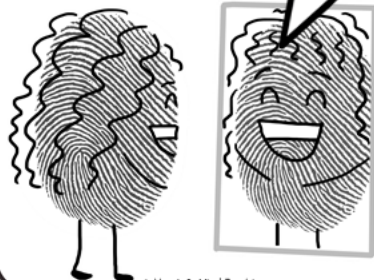
... SELF-ESTEEM ...

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ABOUT
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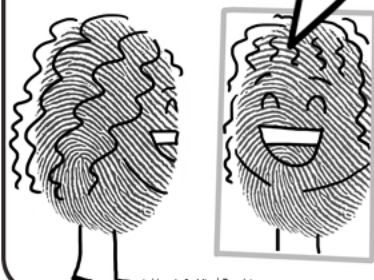
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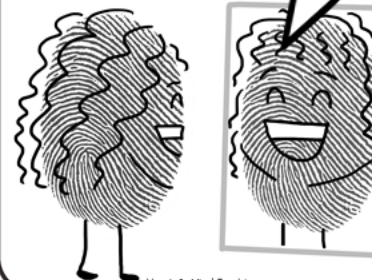
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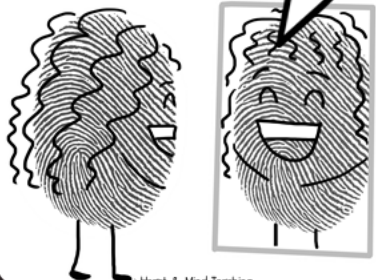
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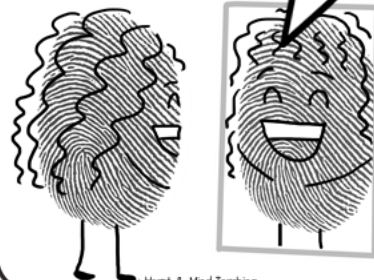
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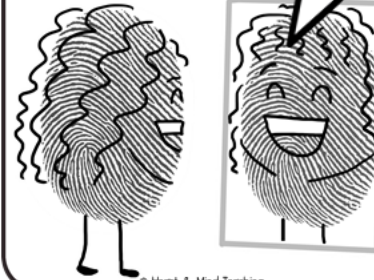
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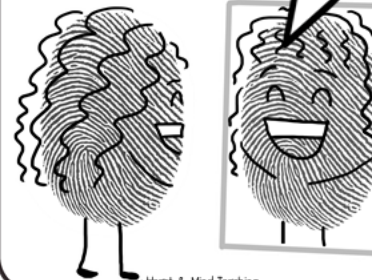
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9



HOW CAN
HAVING GOOD
SELF-ESTEEM HELP
YOU DO WELL IN
SCHOOL?

... SELF-ESTEEM ...

10



WHAT CAN YOU
DO IF YOU
DON'T FEEL
GOOD ABOUT
YOURSELF?

... SELF-ESTEEM ...

Draw Two



WHAT IS
SOMETHING YOU
ARE REALLY
GOOD AT?

... SELF-ESTEEM ...

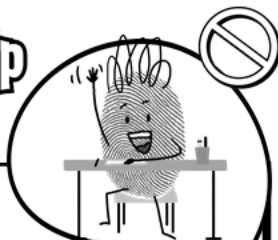
Reverse



WHAT IS ONE
THING THAT
MAKES YOU
UNIQUE?

... SELF-ESTEEM ...

Skip



HOW DO
YOUR TALENTS
MAKE YOU FEEL
CONFIDENT?

... SELF-ESTEEM ...

Skip



WHY IS IT
IMPORTANT TO
FOCUS ON WHAT
YOU DO WELL?

... SELF-ESTEEM ...

Draw Two



HOW DO YOUR
FRIENDS AND
FAMILY HELP YOU
FEEL SPECIAL?

... SELF-ESTEEM ...

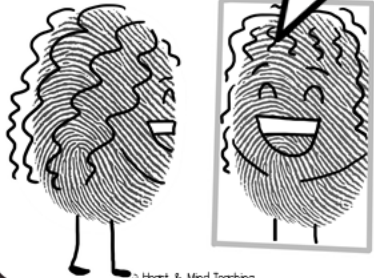
Reverse



WHAT IS
SOMETHING YOU
HAVE WORKED
HARD TO LEARN?

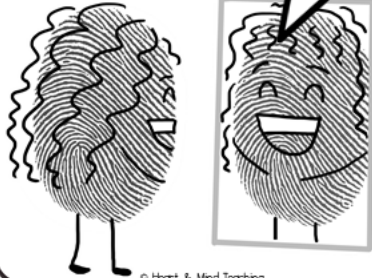
... SELF-ESTEEM ...

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SELF-ESTEEM**



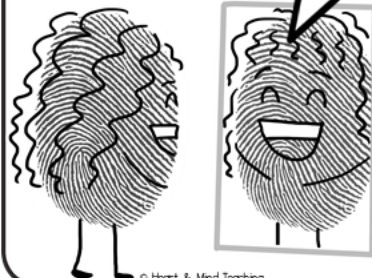
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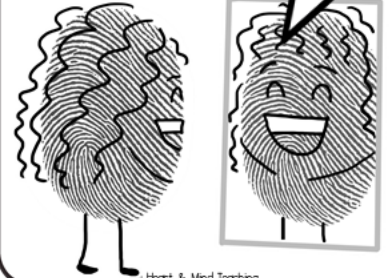
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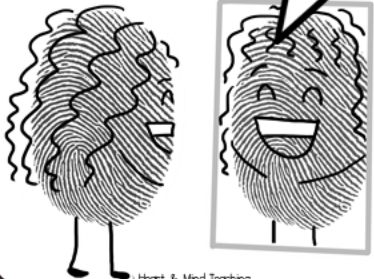
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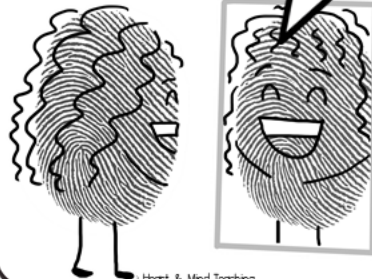
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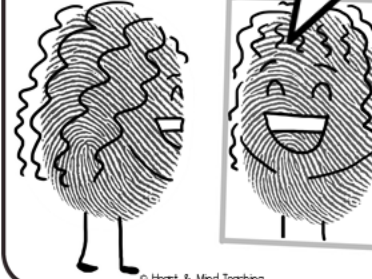
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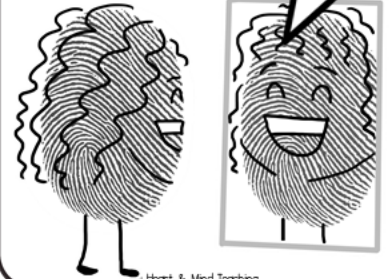
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1



**HOW CAN YOU
USE YOUR
STRENGTHS TO
HELP OTHERS?**

... **SELF-ESTEEM** ...

2



**WHY IS IT
IMPORTANT TO
RECOGNIZE YOUR
ACCOMPLISHMENTS?**

... **SELF-ESTEEM** ...

3



**HOW DO YOU
FEEL WHEN YOU
TRY YOUR BEST
AT SOMETHING?**

... **SELF-ESTEEM** ...

4



**WHAT IS A
COMPLIMENT
SOMEONE HAS
GIVEN YOU THAT
MADE YOU FEEL
GOOD?**

... **SELF-ESTEEM** ...

5



**HAVE YOU EVER
HAD A TIME WHEN
SOMETHING WAS
HARD, BUT YOU
DIDN'T GIVE UP?**

... **SELF-ESTEEM** ...

6



**HOW DOES IT
FEEL WHEN YOU
ACCOMPLISH
SOMETHING
DIFFICULT?**

... **SELF-ESTEEM** ...

7



**WHY IS IT
OKAY TO
MAKE
MISTAKES?**

... **SELF-ESTEEM** ...

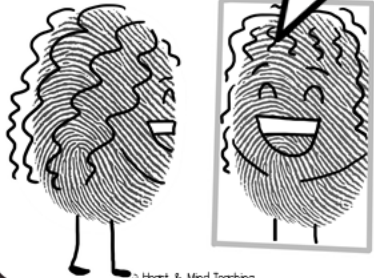
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**WHAT CAN
YOU LEARN
FROM FAILING
AT
SOMETHING?**

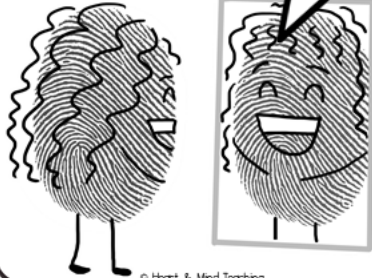
... **SELF-ESTEEM** ...

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ABOUT
SELF-ESTEEM**



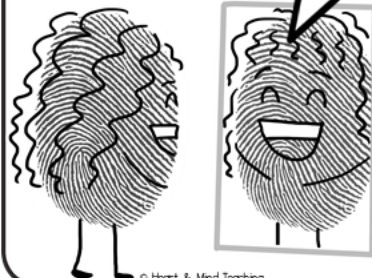
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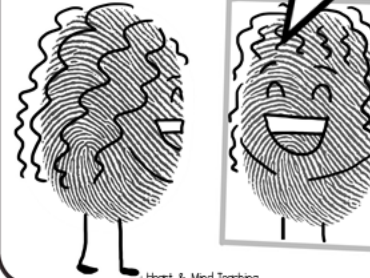
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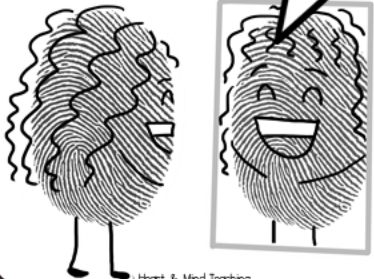
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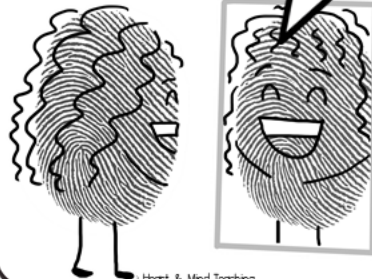
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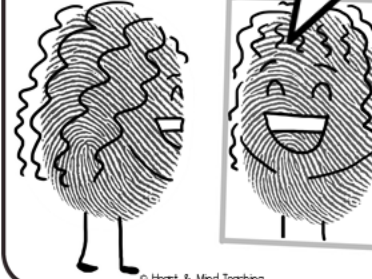
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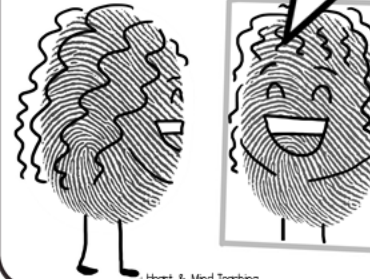
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9



**HOW CAN YOU
REMINDE YOURSELF
TO KEEP TRYING
WHEN SOMETHING
FEELS HARD?**

... **SELF-ESTEEM** ...

10



**WHY IS IT
IMPORTANT TO
BE PATIENT WITH
YOURSELF?**

... **SELF-ESTEEM** ...

9



**HOW DO YOU FEEL
WHEN YOU KEEP
PRACTICING AND
FINALLY GET BETTER
AT SOMETHING?**

... **SELF-ESTEEM** ...

10



**WHAT DOES IT
MEAN TO HAVE
A GROWTH
MINDSET?**

... **SELF-ESTEEM** ...

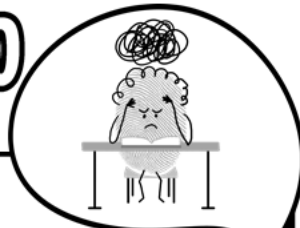
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**HOW CAN
MISTAKES
HELP YOU
GROW?**

... **SELF-ESTEEM** ...

10



**WHY IS IT
IMPORTANT TO
ENCOURAGE
YOURSELF WHEN
THINGS ARE
TOUGH?**

... **SELF-ESTEEM** ...

9



**WHAT ARE
SOME KIND
WORDS YOU CAN
SAY TO
YOURSELF?**

... **SELF-ESTEEM** ...

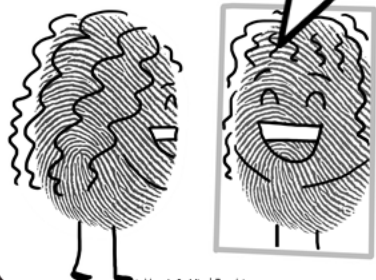
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**HOW CAN
SAYING -I CAN
DO THIS- HELP
YOU FEEL MORE
CONFIDENT?**

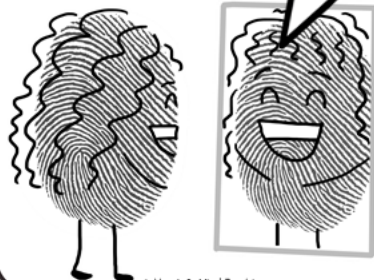
... **SELF-ESTEEM** ...

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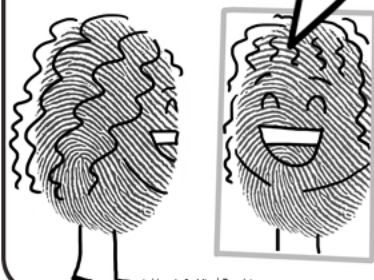
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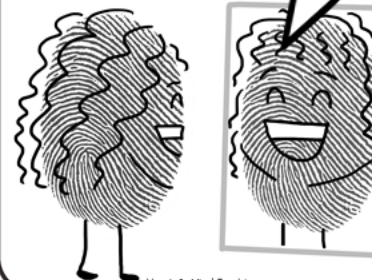
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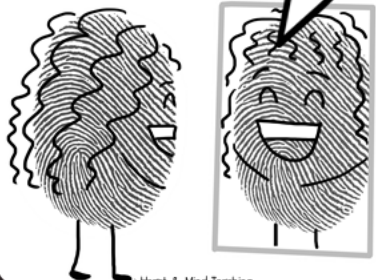
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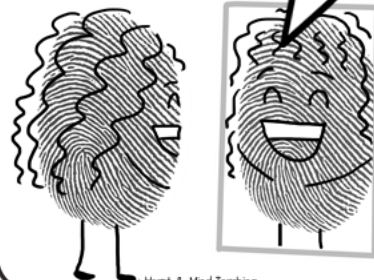
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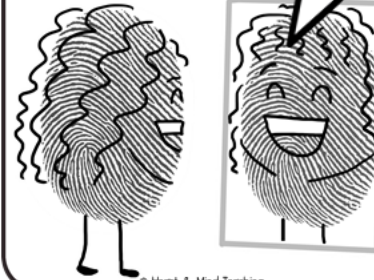
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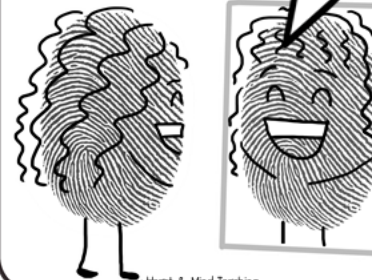
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1



**WHAT
HAPPENS WHEN
YOU THINK
POSITIVELY ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

2



**HOW DO YOU
FEEL WHEN YOU
SAY SOMETHING
NICE ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

3



**WHAT IS ONE
POSITIVE THING
YOU CAN TELL
YOURSELF EVERY
MORNING?**

... **SELF-ESTEEM** ...

4



**HOW DOES IT
FEEL WHEN
SOMEONE
ENCOURAGES
YOU?**

... **SELF-ESTEEM** ...

5



**HOW CAN YOU
ENCOURAGE
YOURSELF THE WAY
YOU ENCOURAGE
A FRIEND?**

... **SELF-ESTEEM** ...

6



**WHY SHOULD
YOU AVOID
SAYING NEGATIVE
THINGS ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

7



**WHAT CAN
YOU DO IF YOU
HAVE NEGATIVE
THOUGHTS ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

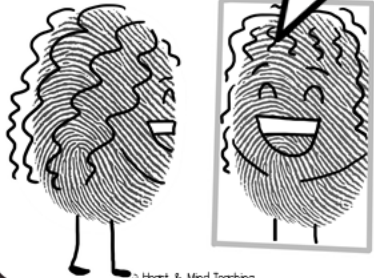
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**HOW CAN
WRITING DOWN
POSITIVE
THOUGHTS HELP
YOU FEEL BETTER?**

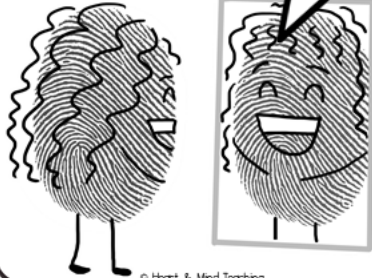
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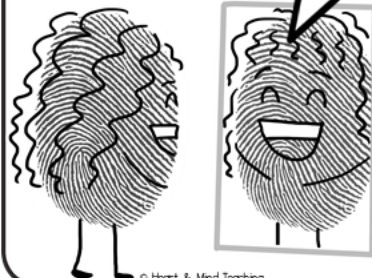
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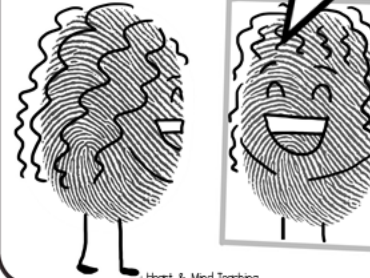
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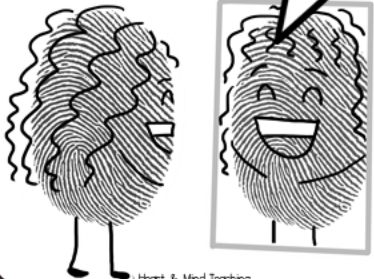
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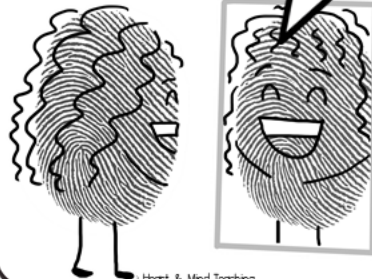
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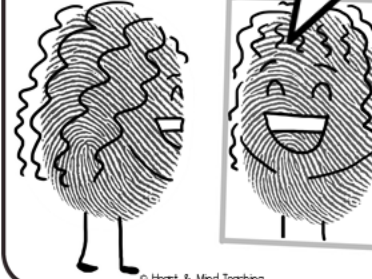
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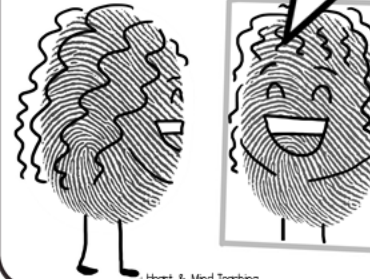
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1



**WHY IS IT
IMPORTANT TO
TAKE CARE OF
YOURSELF?**

... **SELF-ESTEEM** ...

2



**HOW DO YOU
FEEL WHEN YOU
EAT HEALTHY
FOODS?**

... **SELF-ESTEEM** ...

3



**HOW DOES
GETTING
ENOUGH SLEEP
HELP YOU FEEL
GOOD?**

... **SELF-ESTEEM** ...

4



**HOW CAN TAKING
DEEP BREATHS HELP
YOU FEEL CALMER
AND MORE
CONFIDENT?**

... **SELF-ESTEEM** ...

5



**WHAT ARE
SOME FUN WAYS TO
EXERCISE THAT
MAKE YOU FEEL
STRONG?**

... **SELF-ESTEEM** ...

6



**WHY IS IT
IMPORTANT TO
TAKE BREAKS
AND REST?**

... **SELF-ESTEEM** ...

7



**WHAT DOES
IT MEAN WHEN
SOMEONE IS
OVERLY
CONFIDENT?**

... **SELF-ESTEEM** ...

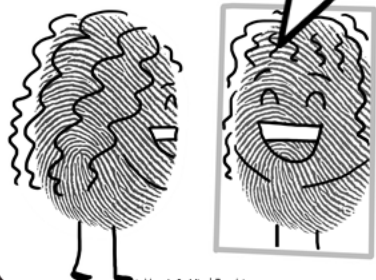
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**HOW DOES
BEING OUTSIDE IN
NATURE HELP YOU
FEEL GOOD ABOUT
YOURSELF?**

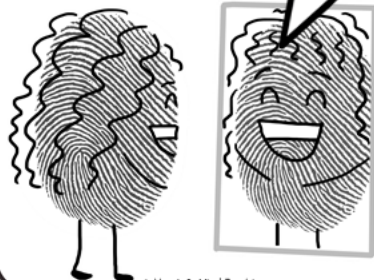
... **SELF-ESTEEM** ...

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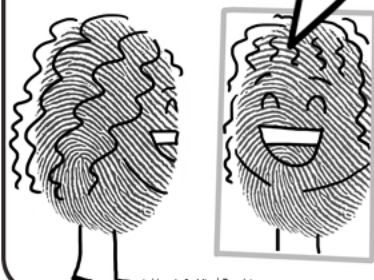
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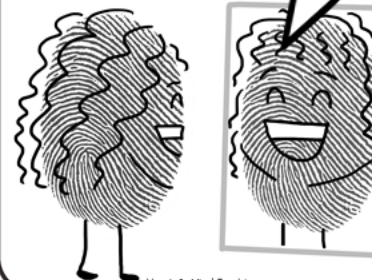
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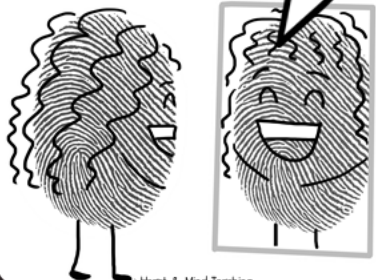
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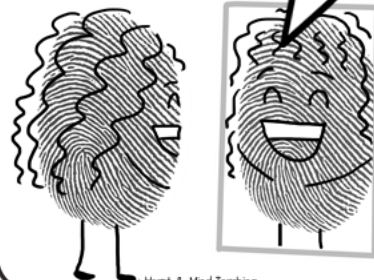
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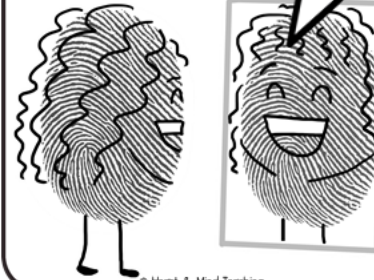
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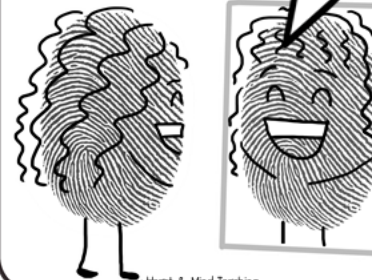
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9



WHAT DOES IT
MEAN TO TREAT
YOURSELF WITH
KINDNESS?

... SELF-ESTEEM ...

10



HOW CAN
DOING SOMETHING
CREATIVE HELP
BUILD SELF-
ESTEEM?

... SELF-ESTEEM ...

Draw Two



HOW DO YOU
FEEL WHEN YOU
TRY SOMETHING
NEW?

... SELF-ESTEEM ...

Reverse



WHAT CAN YOU
DO IF YOU FEEL
NERVOUS ABOUT
TRYING SOMETHING
FOR THE FIRST TIME?

... SELF-ESTEEM ...

Skip



HOW CAN YOU
PREPARE
YOURSELF TO
FEEL MORE
CONFIDENT?

... SELF-ESTEEM ...

Skip



HAVE YOU EVER
FELT SCARED TO DO
SOMETHING, BUT
YOU DID IT ANYWAY?
HOW DID IT FEEL?

... SELF-ESTEEM ...

Draw Two



WHAT CAN
YOU DO IF YOU
FEEL SHY IN A
NEW SITUATION?

... SELF-ESTEEM ...

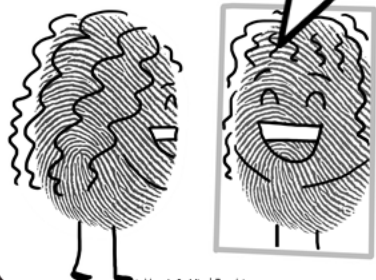
Reverse



HOW CAN YOU
ENCOURAGE A
FRIEND WHO IS
FEELING UNSURE
ABOUT SOMETHING?

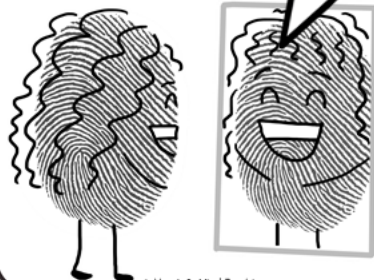
... SELF-ESTEEM ...

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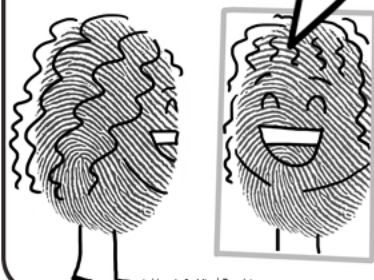
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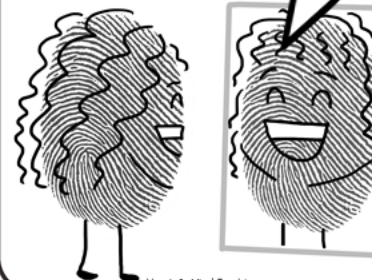
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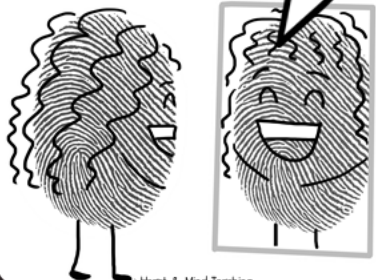
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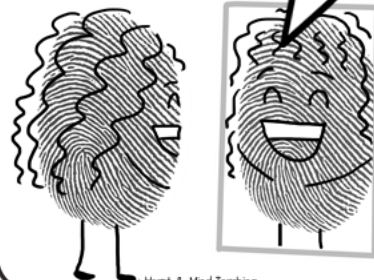
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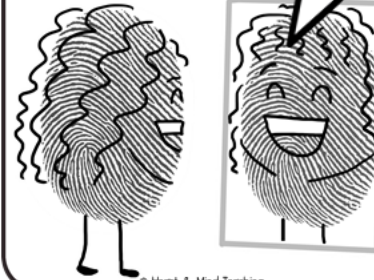
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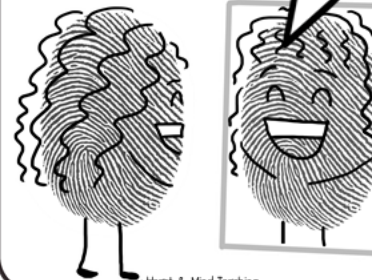
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1



**WHY IS IT
OKAY TO STEP
OUT OF YOUR
COMFORT ZONE?**

... **SELF-ESTEEM** ...

2



**WHAT CAN YOU
TELL YOURSELF IF
YOU FEEL LIKE
YOU'RE NOT GOOD
AT SOMETHING YET?**

... **SELF-ESTEEM** ...

3



**HOW CAN YOU
USE PAST
SUCCESSES TO
REMIND YOURSELF
YOU CAN DO HARD
THINGS?**

... **SELF-ESTEEM** ...

4



**WHAT IS ONE
WAY YOU CAN
PUSH YOURSELF
TO BE BRAVE
TODAY?**

... **SELF-ESTEEM** ...

5



**HOW DO
YOUR FRIENDS
MAKE YOU FEEL
GOOD ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

6



**HOW CAN
YOU BE A
GOOD FRIEND
TO YOURSELF?**

... **SELF-ESTEEM** ...

7



**HOW DOES
HELPING OTHERS
MAKE YOU FEEL
GOOD?**

... **SELF-ESTEEM** ...

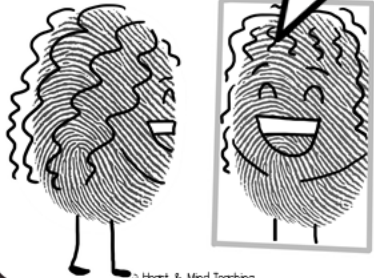
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**HOW CAN YOU
HELP A FRIEND
WHO IS FEELING
DOWN ABOUT
THEMSELVES?**

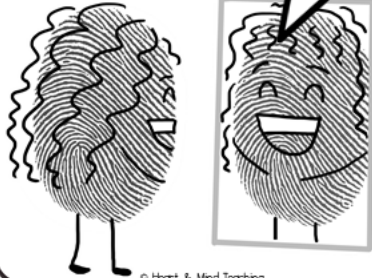
... **SELF-ESTEEM** ...

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SELF-ESTEEM**



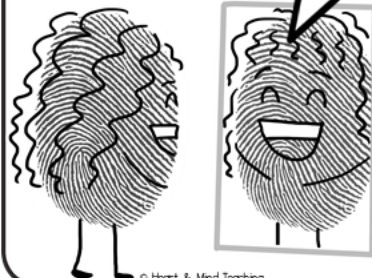
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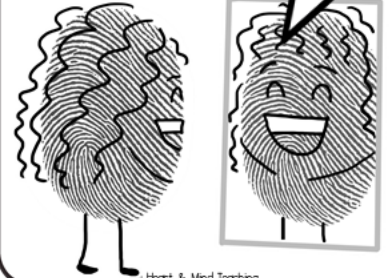
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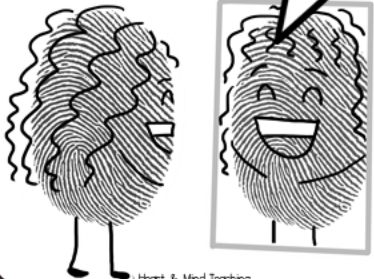
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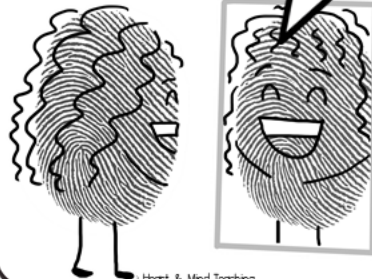
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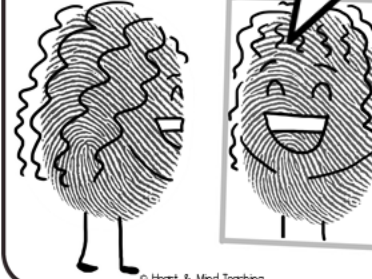
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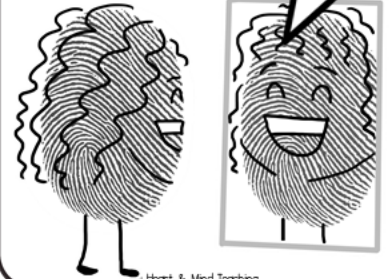
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WHAT SHOULD YOU DO IF SOMEONE MAKES YOU FEEL BAD ABOUT YOURSELF?

... SELF-ESTEEM ...

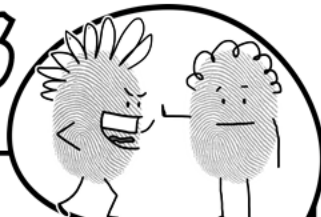
2



WHY IS IT IMPORTANT TO SURROUND YOURSELF WITH POSITIVE PEOPLE?

... SELF-ESTEEM ...

3



HOW CAN STANDING UP FOR YOURSELF HELP BUILD SELF-ESTEEM?

... SELF-ESTEEM ...

4



WHY IS IT IMPORTANT TO SET BOUNDARIES WITH FRIENDS?

... SELF-ESTEEM ...

5



WHAT DOES IT MEAN TO HAVE A POSITIVE ATTITUDE IN FRIENDSHIPS?

... SELF-ESTEEM ...

6



HAVE YOU EVER COMPARED YOURSELF TO SOMEONE ELSE? HOW DID IT MAKE YOU FEEL?

... SELF-ESTEEM ...

7



WHY IS IT IMPORTANT TO FOCUS ON YOUR OWN STRENGTHS INSTEAD OF COMPARING YOURSELF TO OTHERS?

... SELF-ESTEEM ...

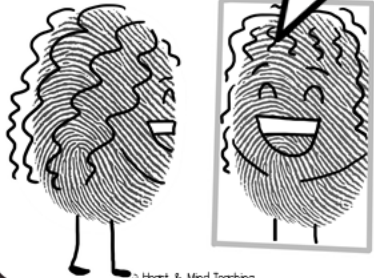
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HOW CAN SOCIAL MEDIA AFFECT SELF-ESTEEM?

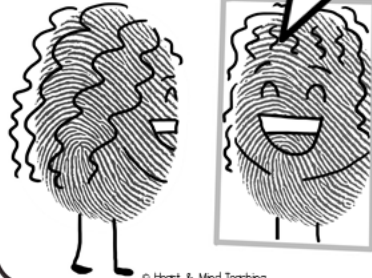
... SELF-ESTEEM ...

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ABOUT
SELF-ESTEEM**



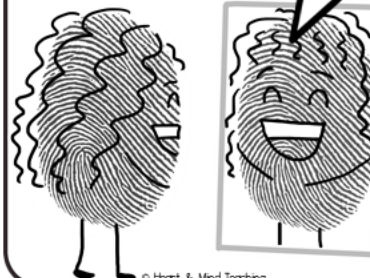
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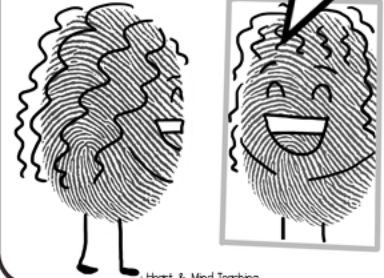
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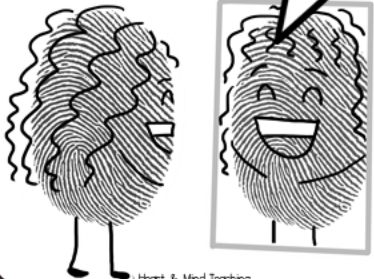
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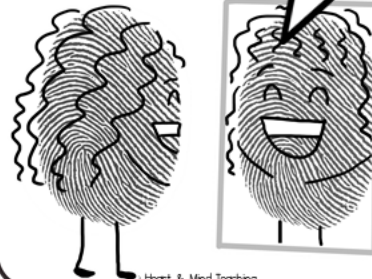
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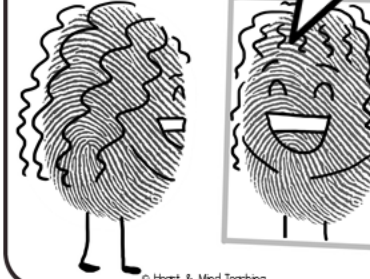
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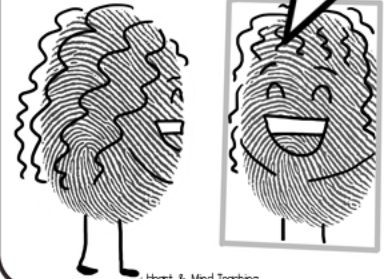
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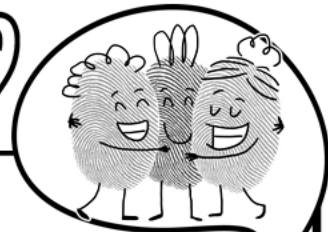
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WHAT CAN YOU
DO IF YOU START
FEELING LIKE YOU'RE
NOT AS GOOD AS
SOMEONE ELSE?

... SELF-ESTEEM ...

10



WHY IS IT
OKAY TO BE
DIFFERENT
FROM OTHERS?

... SELF-ESTEEM ...

Draw Two



HOW CAN
YOU CELEBRATE
YOUR
UNIQUENESS?

... SELF-ESTEEM ...

Reverse



WHAT SHOULD
YOU DO IF YOU
FEEL JEALOUS OF
SOMEONE ELSE?

... SELF-ESTEEM ...

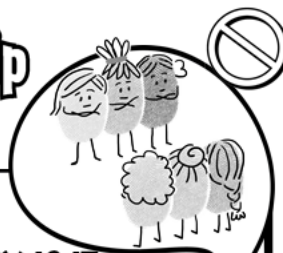
Skip



HOW CAN YOU
REMIND YOURSELF
THAT EVERYONE HAS
STRENGTHS AND
WEAKNESSES?

... SELF-ESTEEM ...

Skip



WHY IS IT
IMPORTANT TO BE
HAPPY FOR
OTHERS INSTEAD
OF FEELING BAD
ABOUT YOURSELF?

... SELF-ESTEEM ...

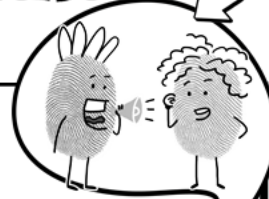
Draw Two



HOW CAN YOU
TURN COMPARISONS
INTO INSPIRATION
INSTEAD OF
DISCOURAGEMENT?

... SELF-ESTEEM ...

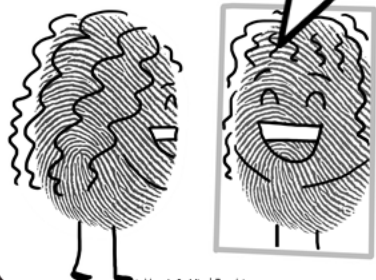
Reverse



HOW DO YOU FEEL
WHEN SOMEONE
GIVES YOU
FEEDBACK?

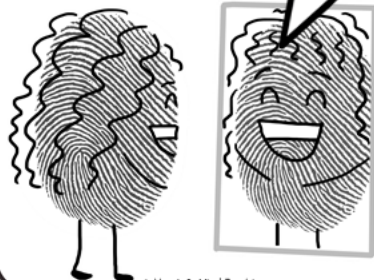
... SELF-ESTEEM ...

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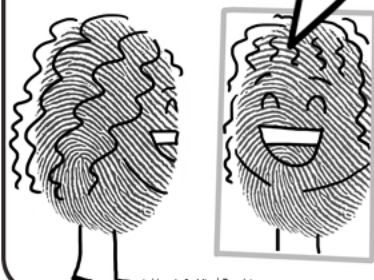
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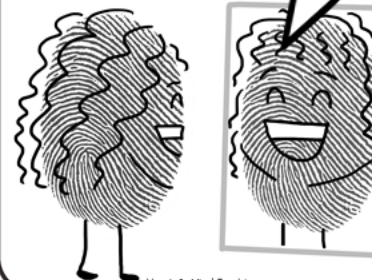
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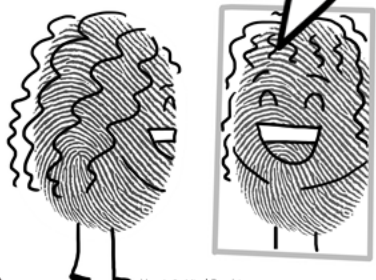
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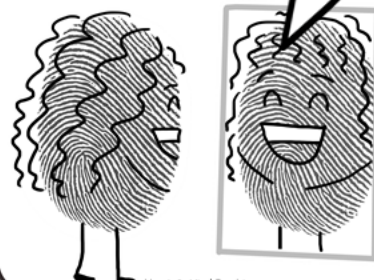
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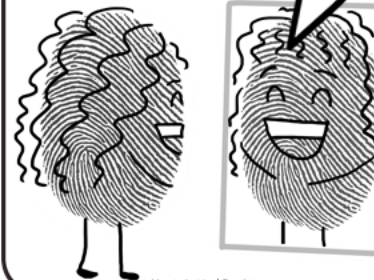
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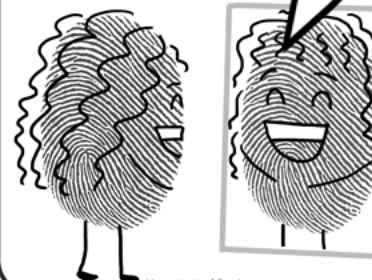
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1



**WHY IS IT
IMPORTANT TO
LISTEN TO
HELPFUL
FEEDBACK?**

... **SELF-ESTEEM** ...

2



**WHAT SHOULD
YOU DO IF
SOMEONE SAYS
SOMETHING
UNKIND TO YOU?**

... **SELF-ESTEEM** ...

3



**HOW CAN YOU
TELL THE
DIFFERENCE
BETWEEN HELPFUL
AND HURTFUL
CRITICISM?**

... **SELF-ESTEEM** ...

4



**WHY IS IT
IMPORTANT NOT
TO LET MEAN
WORDS DEFINE
YOU?**

... **SELF-ESTEEM** ...

5



**WHAT CAN YOU
SAY TO YOURSELF
WHEN SOMEONE
PUTS YOU DOWN?**

... **SELF-ESTEEM** ...

6



**HOW CAN YOU
STAY CONFIDENT
EVEN WHEN
PEOPLE DOUBT
YOU?**

... **SELF-ESTEEM** ...

7



**HOW DO YOU
RESPOND WHEN
SOMEONE
CORRECTS YOUR
MISTAKES?**

... **SELF-ESTEEM** ...

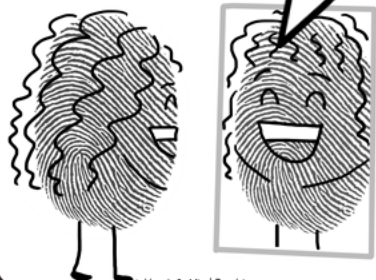
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**WHY SHOULD YOU BE
OPEN TO LEARNING
FROM MISTAKES
INSTEAD OF FEELING
BAD ABOUT THEM?**

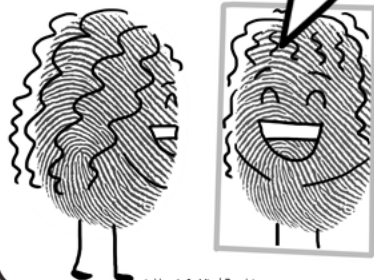
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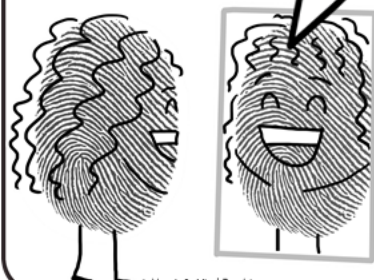
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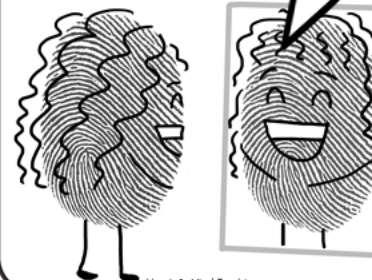
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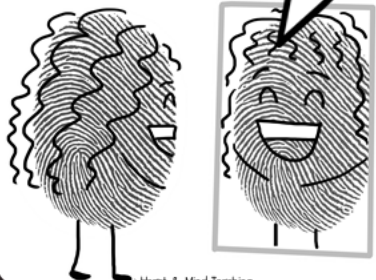
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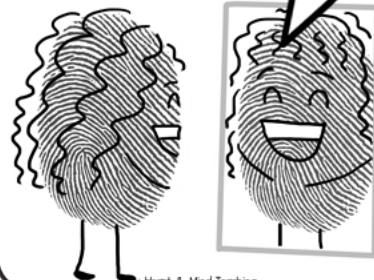
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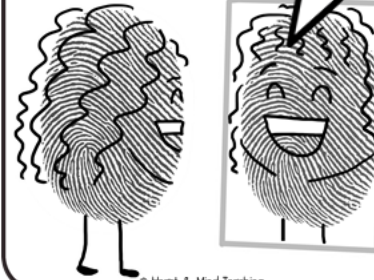
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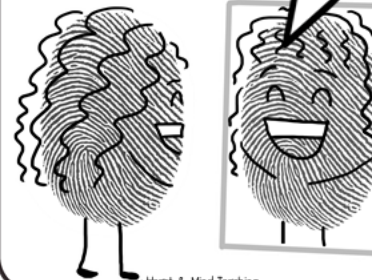
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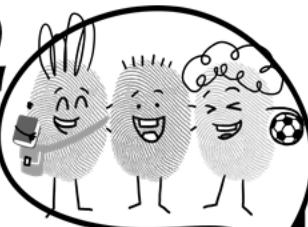
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**WHY IS IT
IMPORTANT TO
BE YOURSELF IN
A FRIENDSHIP?**

... **SELF-ESTEEM** ...

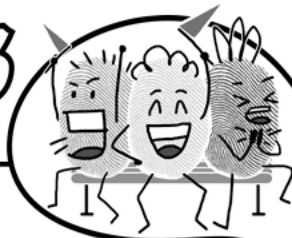
2



**HOW DO
YOUR FRIENDS
HELP YOU FEEL
GOOD ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

3



**WHY IS IT
IMPORTANT TO
CHOOSE FRIENDS
WHO SUPPORT AND
ENCOURAGE YOU?**

... **SELF-ESTEEM** ...

4



**HOW CAN YOU
HELP A FRIEND
FEEL MORE
CONFIDENT ABOUT
THEMSELVES?**

... **SELF-ESTEEM** ...

5



**WHAT ARE SOME
WAYS TO FEEL
CONFIDENT ABOUT
YOURSELF WITHOUT
USING SOCIAL
MEDIA?**

... **SELF-ESTEEM** ...

6



**HOW CAN YOU
REMINDE YOURSELF
THAT YOUR VALUE
ISN'T BASED ON LIKES
OR COMMENTS?**

... **SELF-ESTEEM** ...

7



**HOW CAN YOU
USE SOCIAL MEDIA IN
A POSITIVE WAY THAT
MAKES YOU FEEL
GOOD ABOUT
YOURSELF?**

... **SELF-ESTEEM** ...

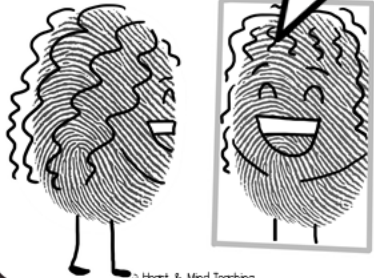
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**WHY IS IT
IMPORTANT TO
TAKE BREAKS FROM
SOCIAL MEDIA
SOMETIMES?**

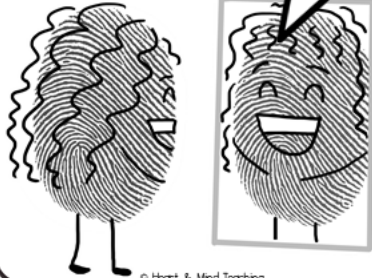
... **SELF-ESTEEM** ...

**LET'S TALK
ABOUT
SELF-ESTEEM**



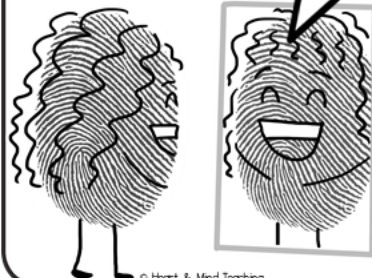
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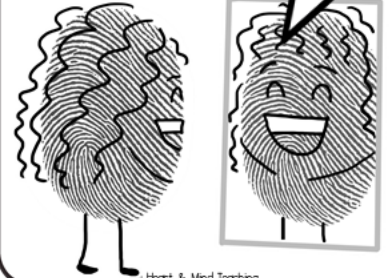
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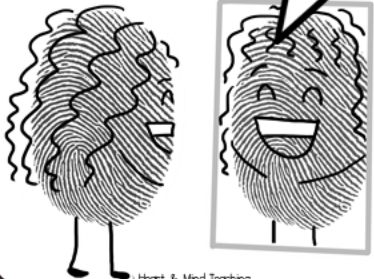
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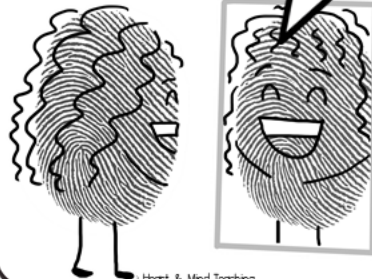
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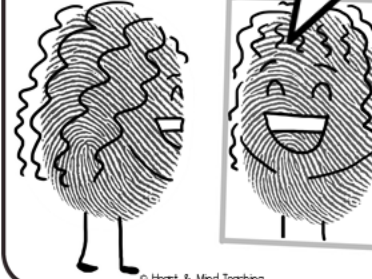
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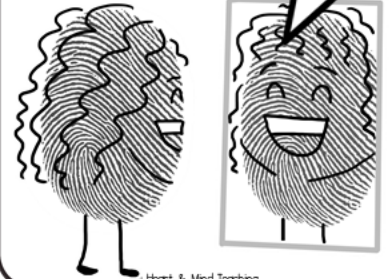
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9



HOW CAN YOU REMIND YOURSELF OF YOUR WORTH NO MATTER WHAT OTHERS SAY?

... SELF-ESTEEM ...

10



WHY IS IT IMPORTANT TO CELEBRATE PROGRESS, NOT JUST PERFECTION?

... SELF-ESTEEM ...

Draw Two



WHAT IS ONE WAY YOU CAN PRACTICE SELF-LOVE TODAY?

... SELF-ESTEEM ...

Reverse



HOW CAN YOU REMIND YOURSELF DAILY THAT YOU ARE SPECIAL?

... SELF-ESTEEM ...

Skip



HOW CAN SOCIAL MEDIA AFFECT THE WAY YOU FEEL ABOUT YOURSELF?

... SELF-ESTEEM ...

Skip



IF YOU COULD GIVE YOURSELF ONE COMPLIMENT RIGHT NOW, WHAT WOULD IT BE?

... SELF-ESTEEM ...

Draw Two



WHAT SHOULD YOU DO IF YOU SEE SOMETHING ONLINE THAT MAKES YOU FEEL BAD ABOUT YOURSELF?

... SELF-ESTEEM ...

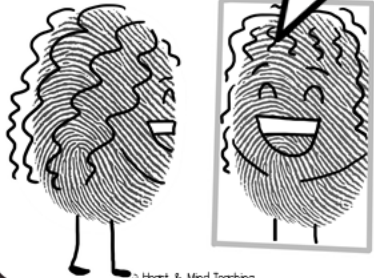
Reverse



HOW CAN COMPARING YOURSELF TO OTHERS ON SOCIAL MEDIA AFFECT YOUR SELF-ESTEEM?

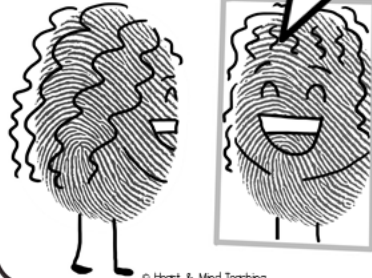
... SELF-ESTEEM ...

**LET'S TALK
ABOUT
SELF-ESTEEM**



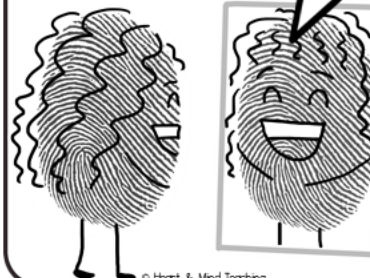
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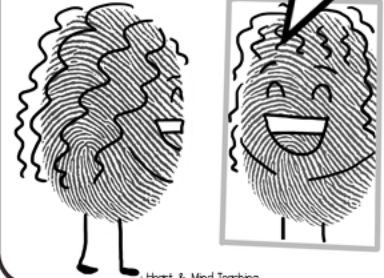
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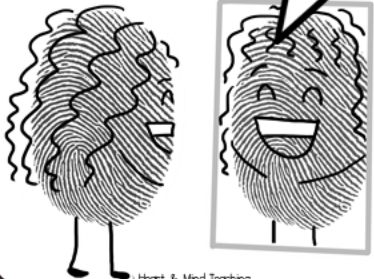
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SELF-ESTEEM**



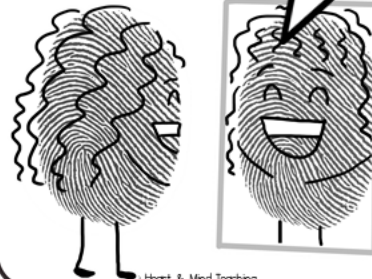
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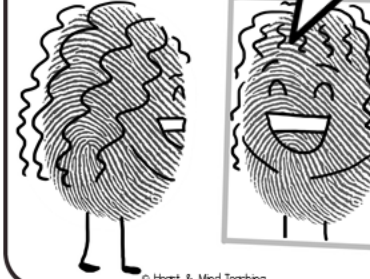
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ABOUT
SELF-ESTEEM**



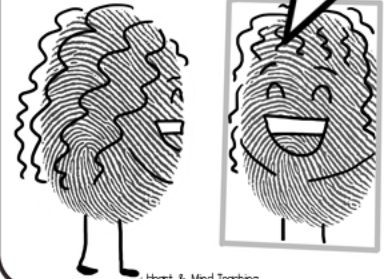
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ABOUT
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Wild



WHAT IS
SOMETHING YOU
HAVE WORKED
HARD ON AND
FEEL PROUD OF?

... SELF-ESTEEM ...

Wild



HOW CAN
CELEBRATING
SMALL
ACHIEVEMENTS
BOOST YOUR
CONFIDENCE?

... SELF-ESTEEM ...

Draw Four



WHAT ARE FOUR
WAYS TO SHOW
YOU HAVE GOOD
SELF-ESTEEM?

... SELF-ESTEEM ...

Draw Four



WHAT ARE
FOUR WAYS YOU
LOVE ABOUT
YOURSELF?

... SELF-ESTEEM ...

Wild



WHY IS IT
IMPORTANT TO
REMEMBER THAT
PEOPLE OFTEN POST
ONLY THEIR BEST
MOMENTS ONLINE?

... SELF-ESTEEM ...

Wild



HOW DOES IT
FEEL WHEN YOU
ARE PROUD OF
YOURSELF?

... SELF-ESTEEM ...

Draw Four



WHAT ARE FOUR
THINGS TO SAY
TO ENCOURAGE
YOURSELF?

... SELF-ESTEEM ...

Draw Four

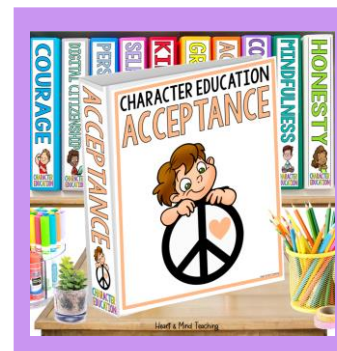
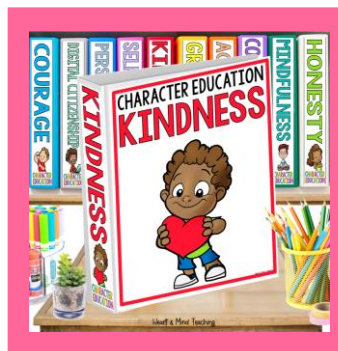
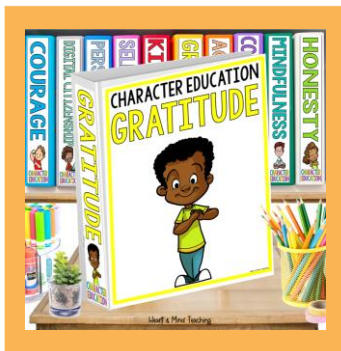
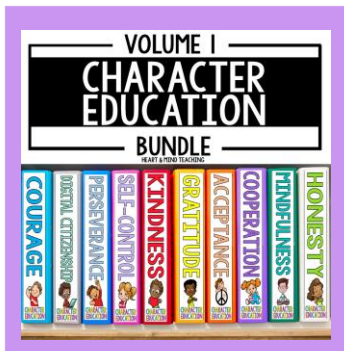
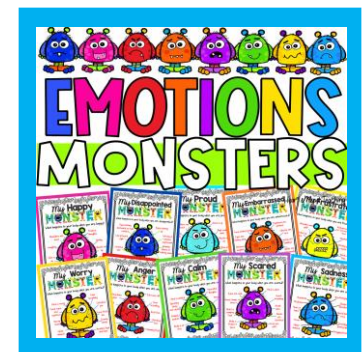
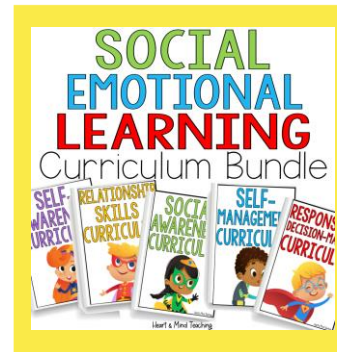
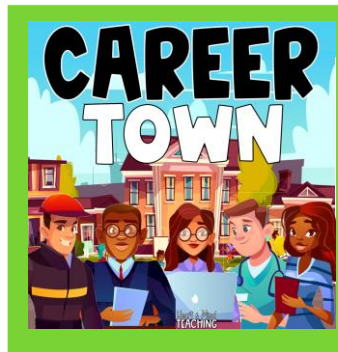
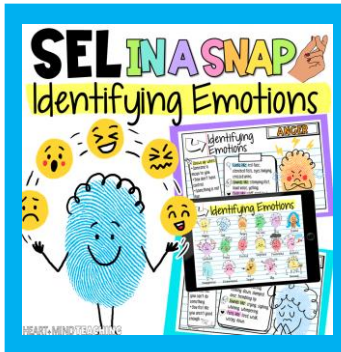
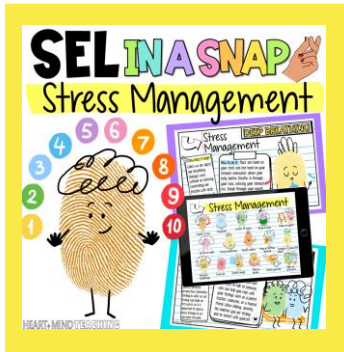


WHAT ARE
FOUR THINGS THAT
YOU WANT TO
IMPROVE ABOUT
YOURSELF?

... SELF-ESTEEM ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.

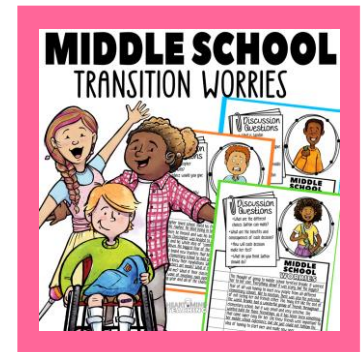


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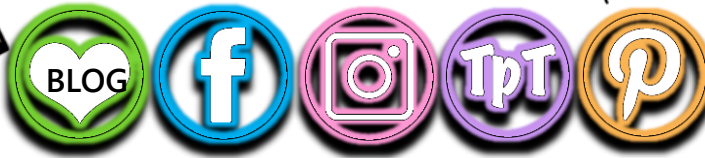
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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