

# THANK YOU FOR YOUR PURCHASE!



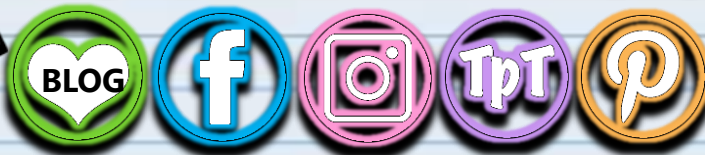
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★★★★★ Extremely satisfied

I truly appreciate your feedback to  
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Library



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If you have any questions or  
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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

Ashley

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New products are 50%  
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Join my Newsletter to be informed of  
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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)

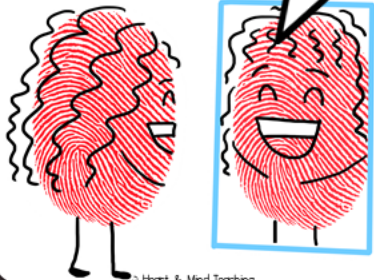
\*Behavior: Self-Management Skills: Effective coping skills (B-SMS 7)

## SEL Competencies:

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

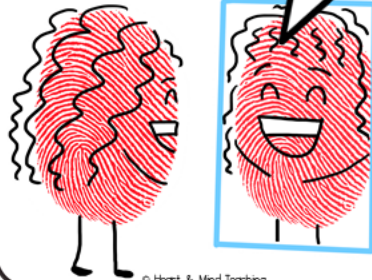
\*Self-Awareness: Identifying emotions.

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ABOUT  
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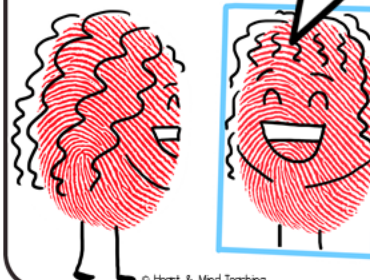
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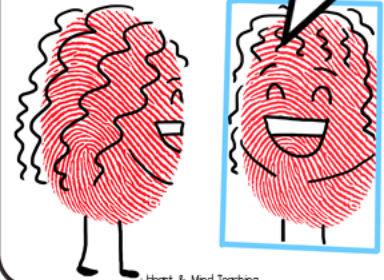
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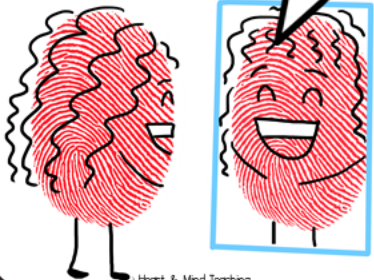
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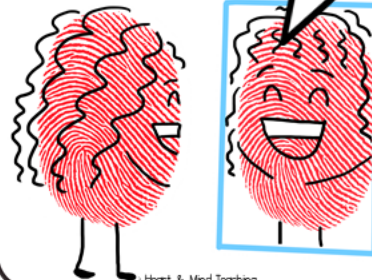
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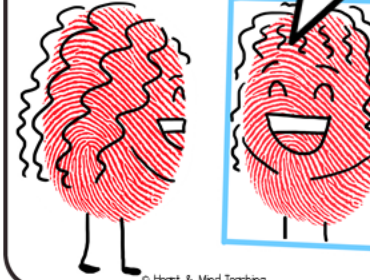
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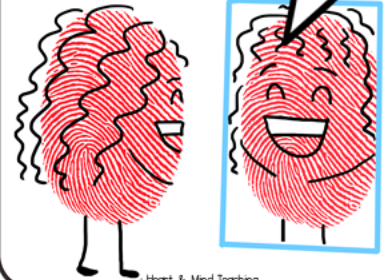
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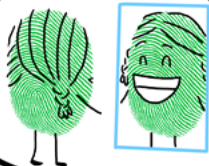
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ABOUT  
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1



**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** ...

8

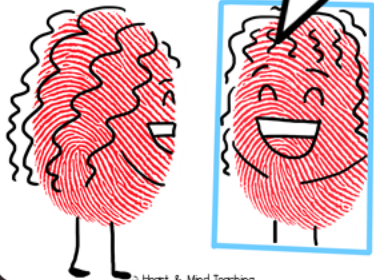


**HOW DOES  
SELF-ESTEEM  
AFFECT THE WAY  
YOU TREAT  
OTHERS?**

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

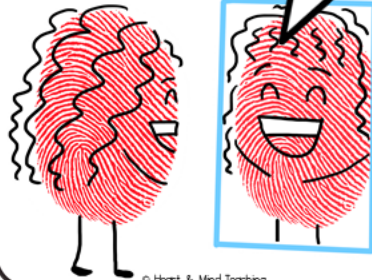


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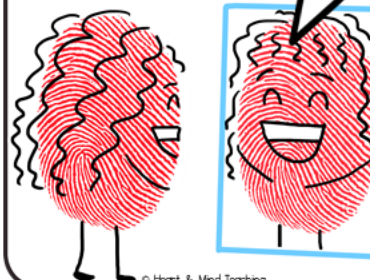
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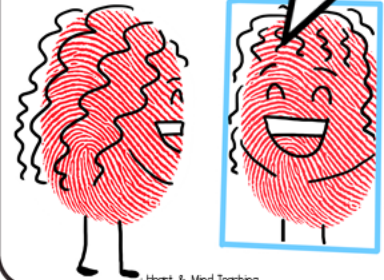
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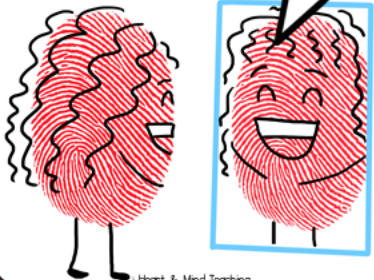
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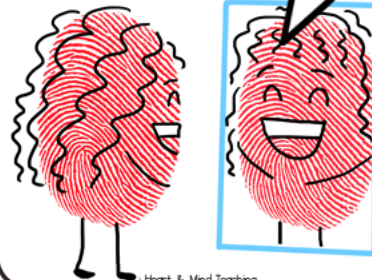
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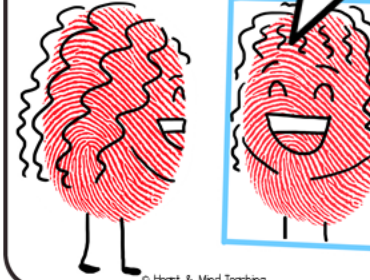
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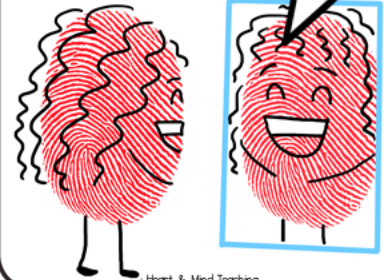
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9



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

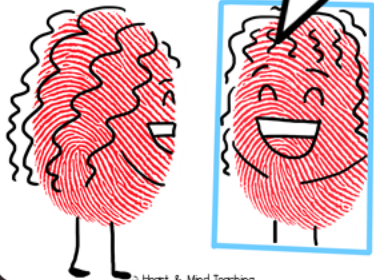


WHAT IS  
SOMETHING YOU  
HAVE WORKED  
HARD TO LEARN?

... SELF-ESTEEM ...

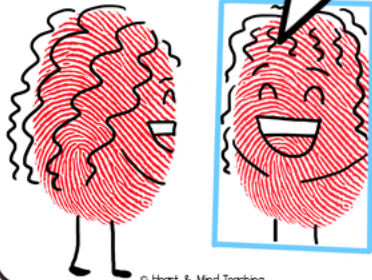


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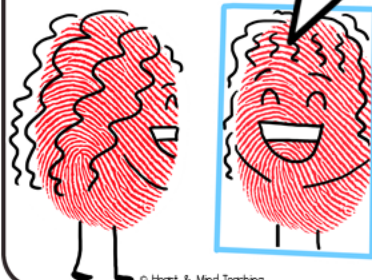
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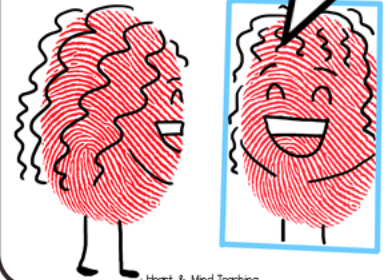
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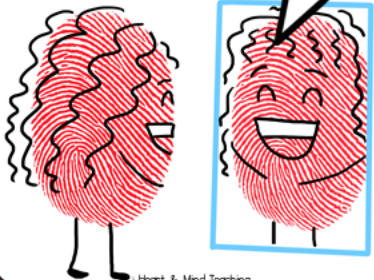
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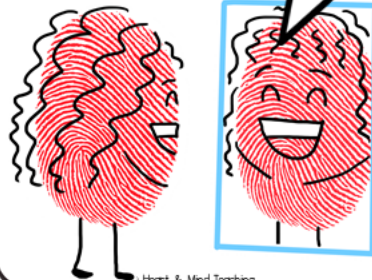
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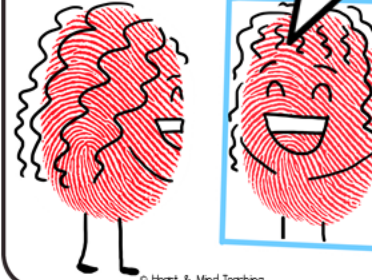
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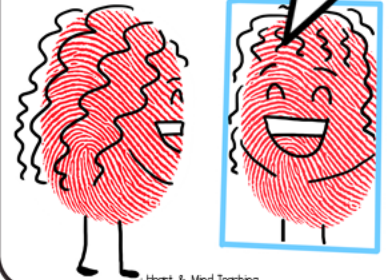
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1



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 ...

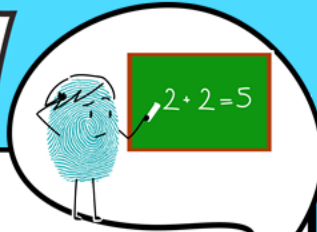
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HOW DOES IT  
FEEL WHEN YOU  
ACCOMPLISH  
SOMETHING  
DIFFICULT?

... SELF-ESTEEM ...

7



WHY IS IT  
OKAY TO  
MAKE  
MISTAKES?

... SELF-ESTEEM ...

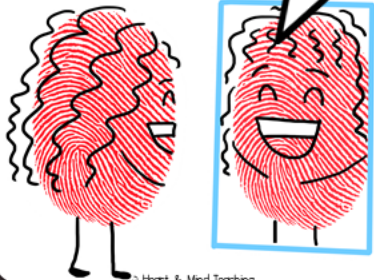
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WHAT CAN  
YOU LEARN  
FROM FAILING  
AT  
SOMETHING?

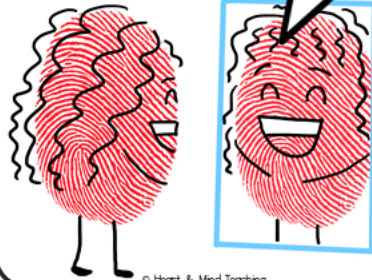
... SELF-ESTEEM ...

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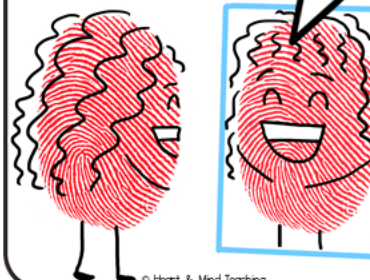
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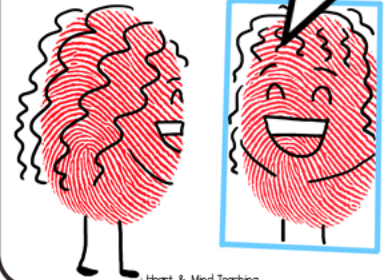
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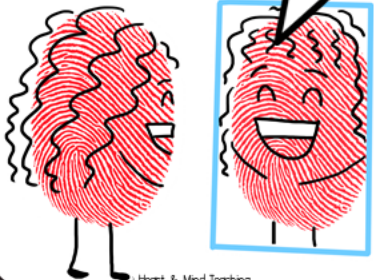
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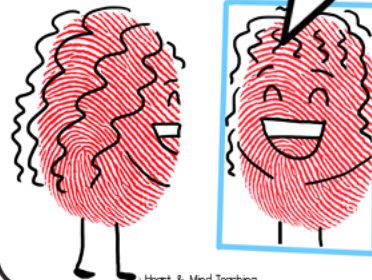
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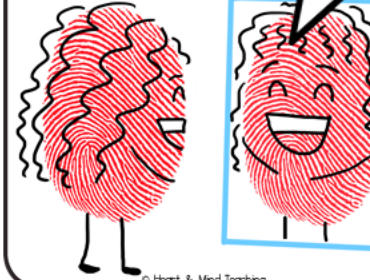
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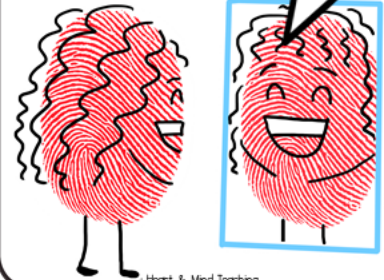
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9



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 ...

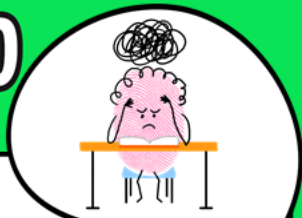
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HOW CAN  
MISTAKES  
HELP YOU  
GROW?

... 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 ...

10

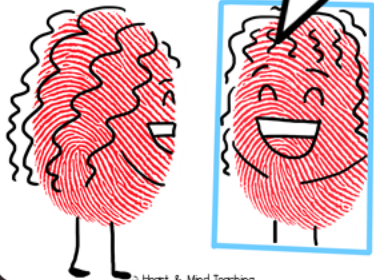


HOW CAN  
SAYING -I CAN  
DO THIS- HELP  
YOU FEEL MORE  
CONFIDENT?

... SELF-ESTEEM ...

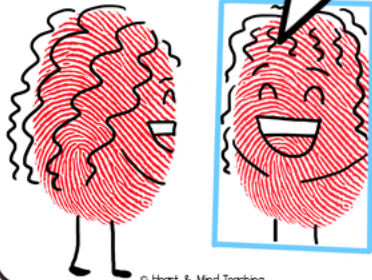


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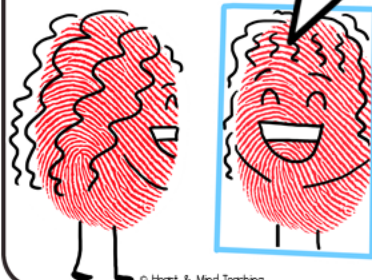
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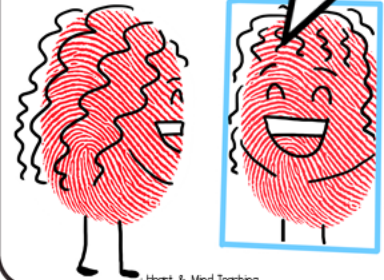
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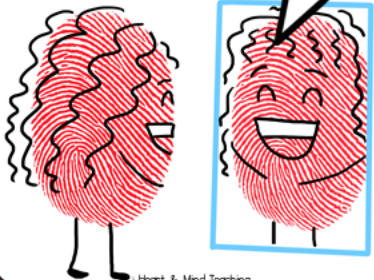
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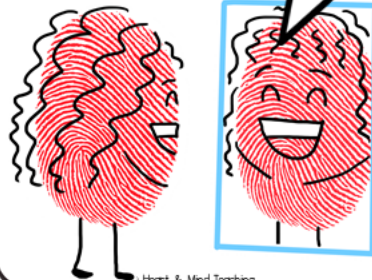
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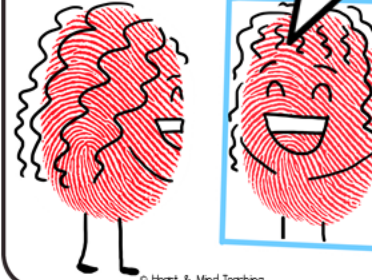
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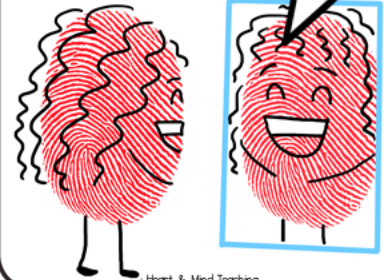
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1



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** ...

8

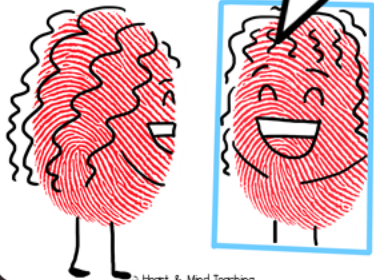


HOW CAN  
WRITING DOWN  
POSITIVE  
THOUGHTS HELP  
YOU FEEL BETTER?

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

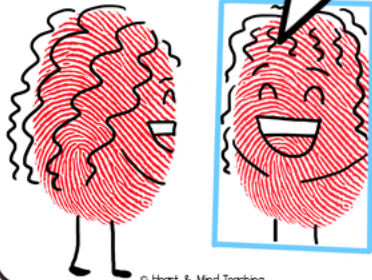


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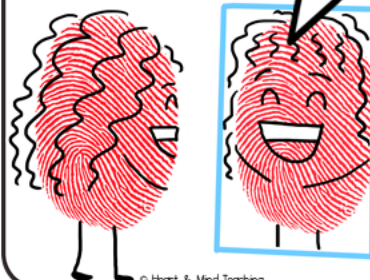
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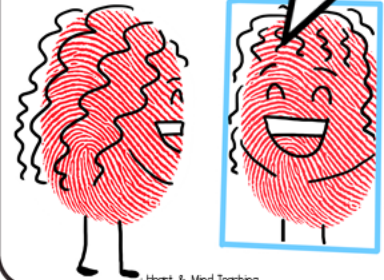
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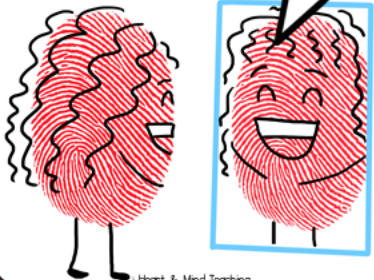
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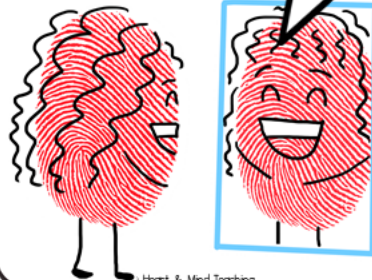
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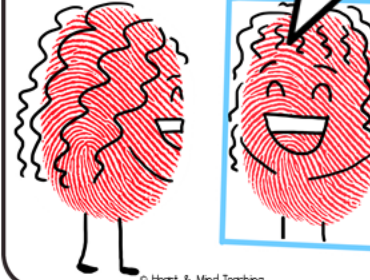
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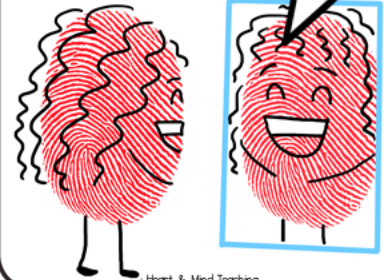
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1



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

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

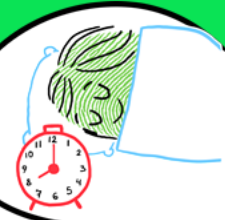
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**HOW DO YOU  
FEEL WHEN YOU  
EAT HEALTHY  
FOODS?**

... **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** ...

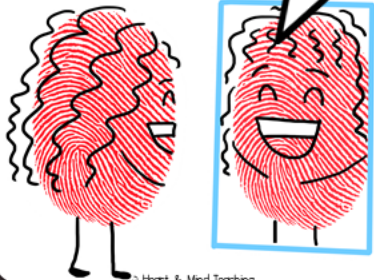
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**HOW DOES  
BEING OUTSIDE IN  
NATURE HELP YOU  
FEEL GOOD ABOUT  
YOURSELF?**

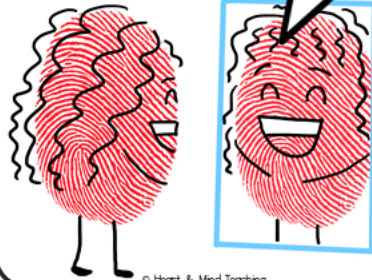
... **SELF-ESTEEM** ...

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



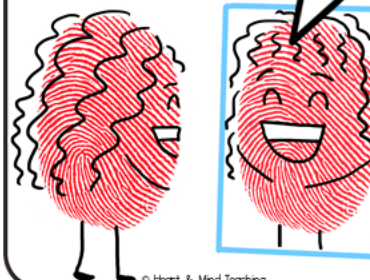
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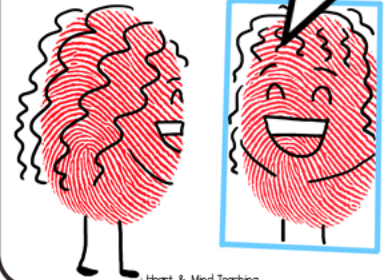
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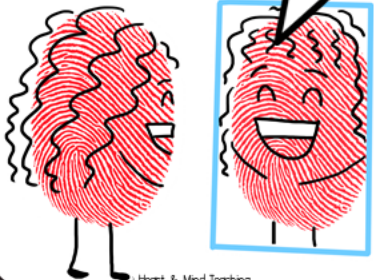
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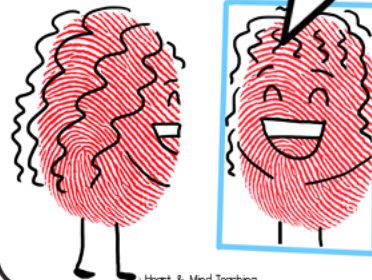
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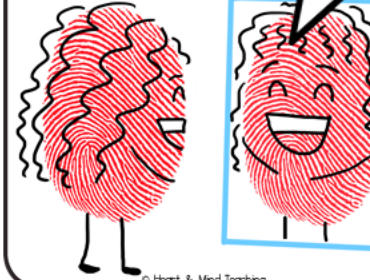
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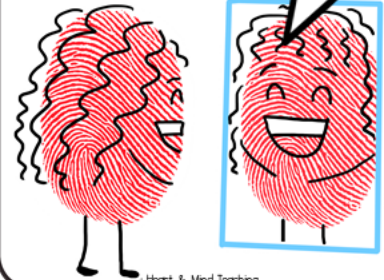
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WHAT DOES IT  
MEAN TO TREAT  
YOURSELF WITH  
KINDNESS?

... 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

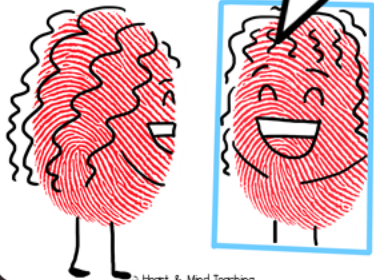


HOW CAN YOU  
ENCOURAGE A  
FRIEND WHO IS  
FEELING UNSURE  
ABOUT SOMETHING?

... SELF-ESTEEM ...

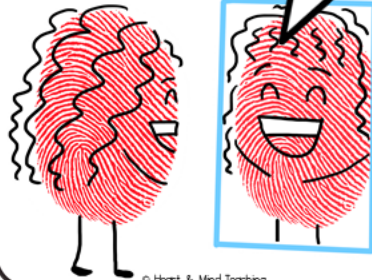


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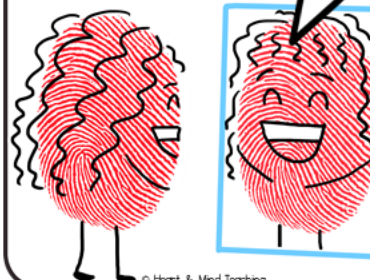
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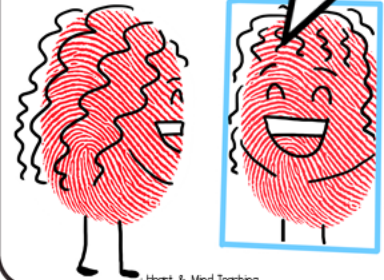
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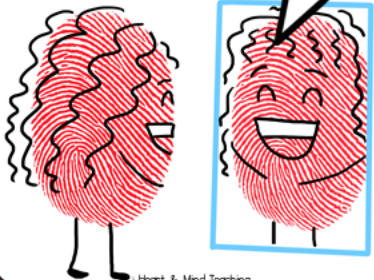
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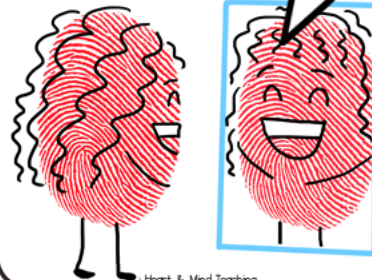
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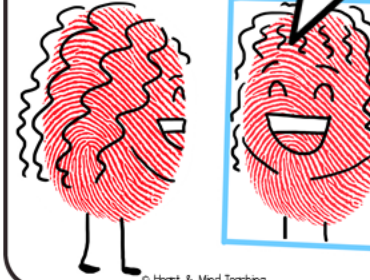
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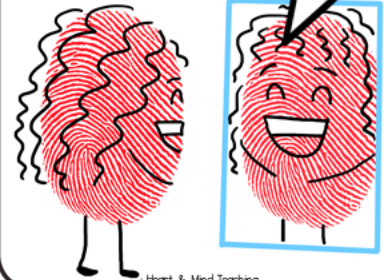
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1



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

... SELF-ESTEEM ...

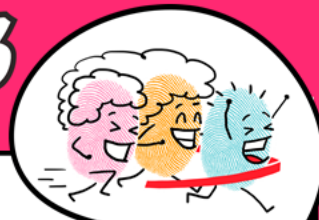
2



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  
REMINDE 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 ...

8

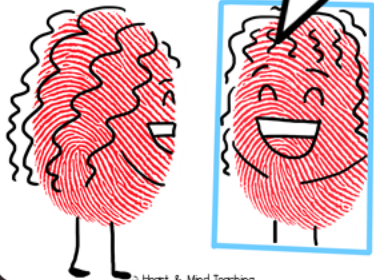


HOW CAN YOU  
HELP A FRIEND  
WHO IS FEELING  
DOWN ABOUT  
THEMSELVES?

... SELF-ESTEEM ...

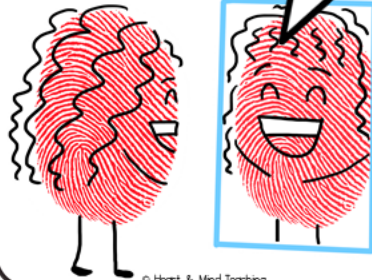


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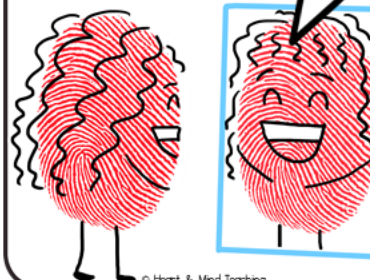
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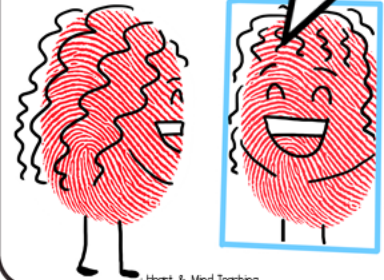
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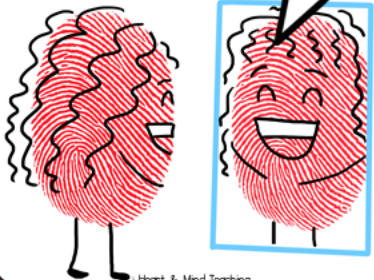
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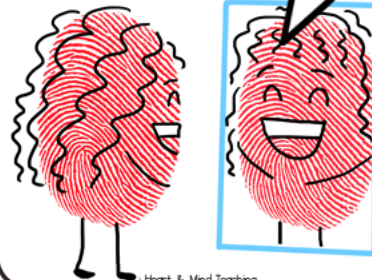
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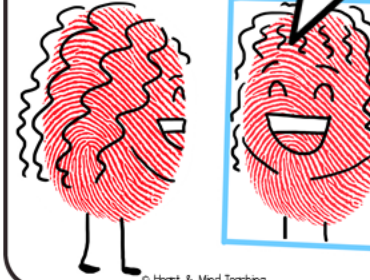
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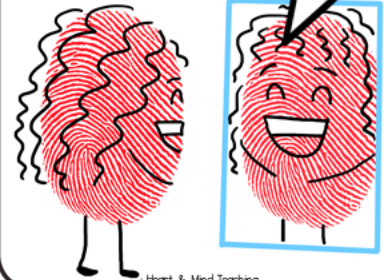
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1



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

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

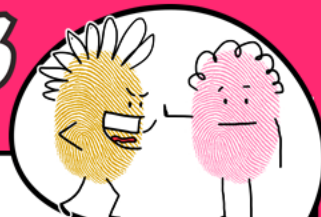
2



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** ...

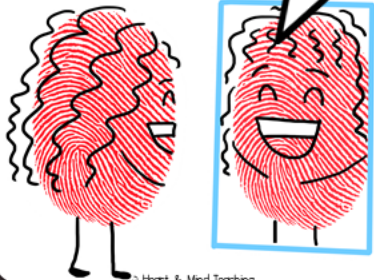
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HOW CAN  
SOCIAL MEDIA  
AFFECT SELF-  
ESTEEM?

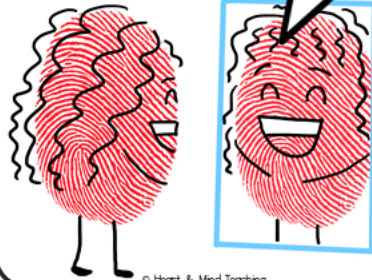
... **SELF-ESTEEM** ...

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ABOUT  
SELF-ESTEEM**



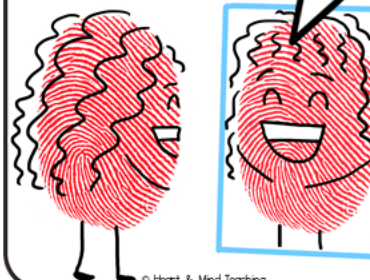
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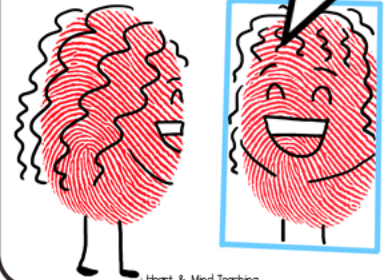
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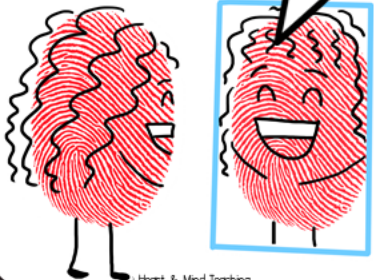
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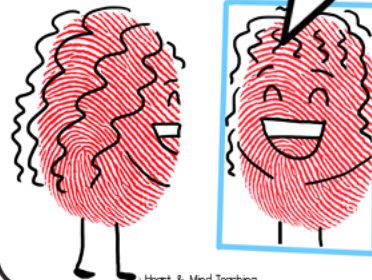
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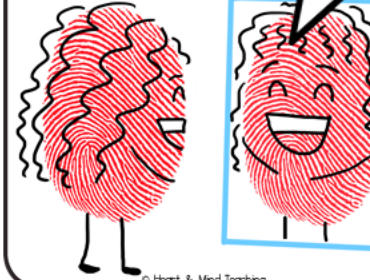
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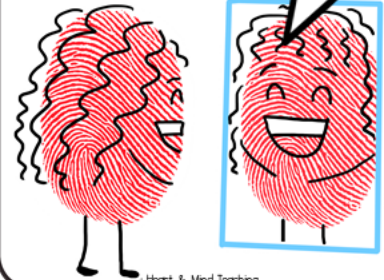
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9



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 ...

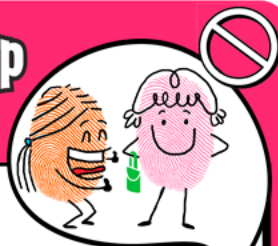
Reverse



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

... SELF-ESTEEM ...

Skip



HOW CAN YOU  
REMINDE 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 ...

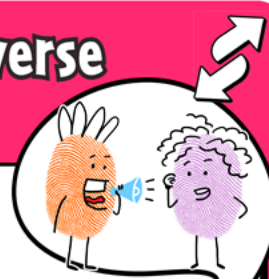
Draw Two



HOW CAN YOU  
TURN COMPARISONS  
INTO INSPIRATION  
INSTEAD OF  
DISCOURAGEMENT?

... SELF-ESTEEM ...

Reverse

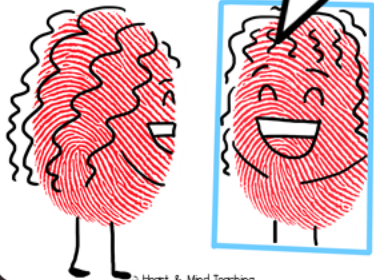


HOW DO YOU FEEL  
WHEN SOMEONE  
GIVES YOU  
FEEDBACK?

... SELF-ESTEEM ...

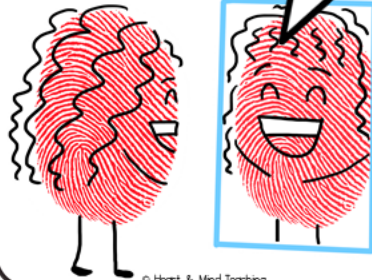


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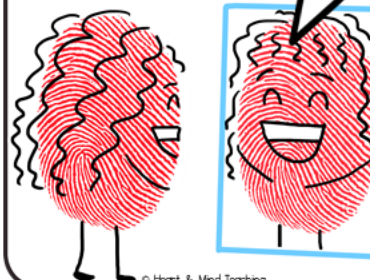
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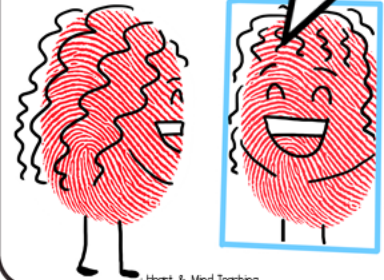
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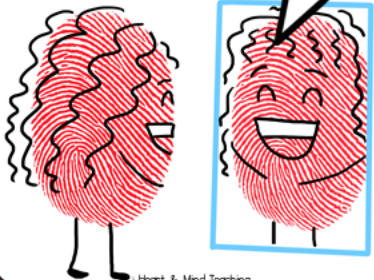
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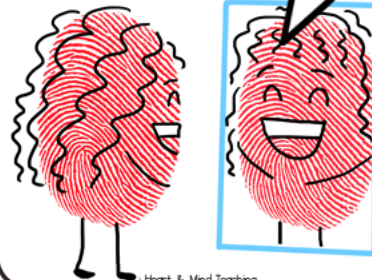
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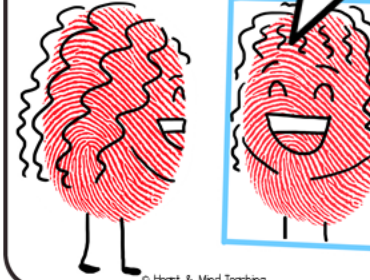
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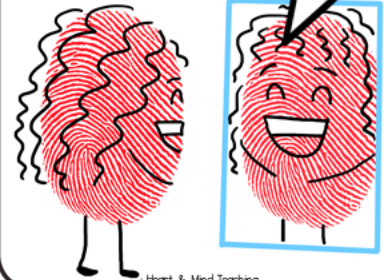
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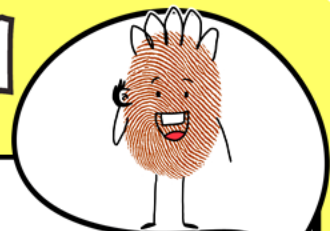
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1



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 ...

8

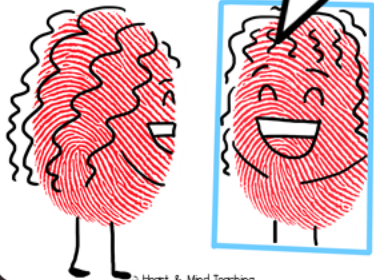


WHY SHOULD YOU BE  
OPEN TO LEARNING  
FROM MISTAKES  
INSTEAD OF FEELING  
BAD ABOUT THEM?

... SELF-ESTEEM ...

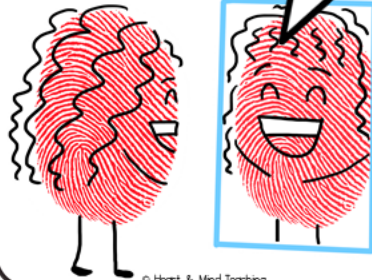


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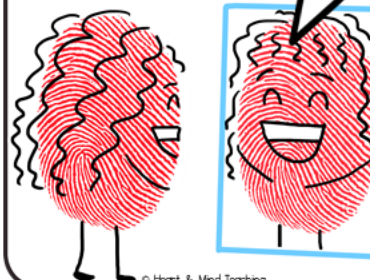
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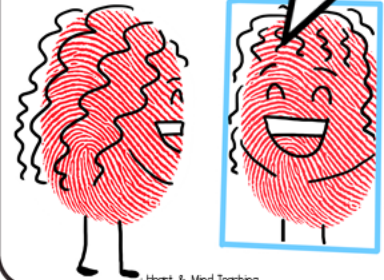
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ABOUT  
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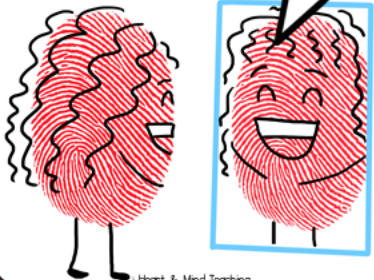
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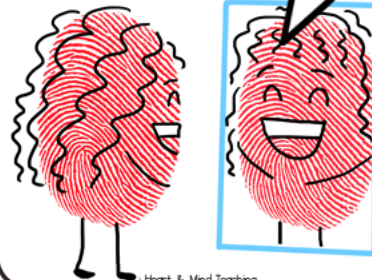
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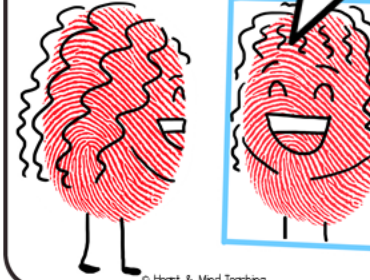
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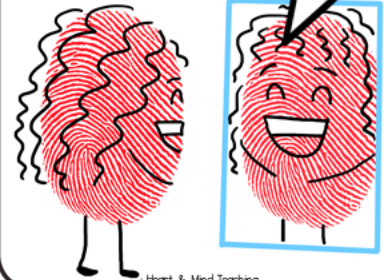
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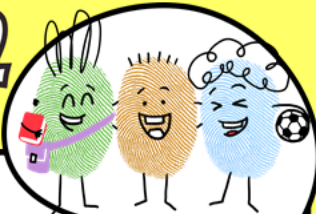
1



**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** ...

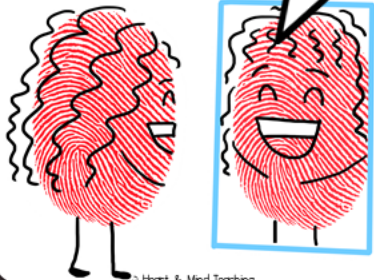
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**WHY IS IT  
IMPORTANT TO  
TAKE BREAKS FROM  
SOCIAL MEDIA  
SOMETIMES?**

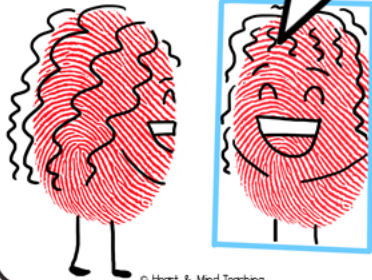
... **SELF-ESTEEM** ...

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



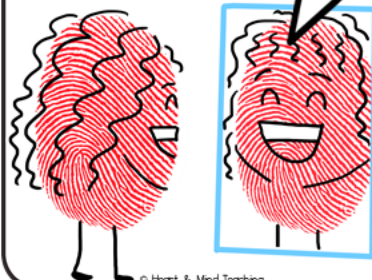
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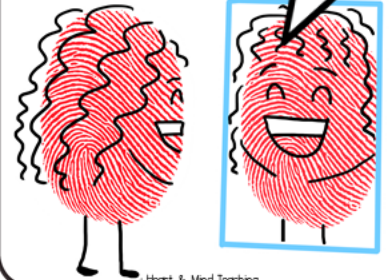
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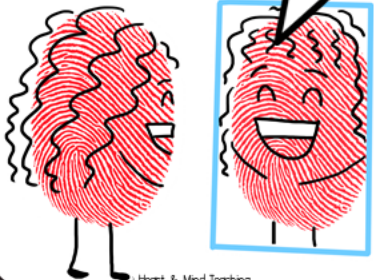
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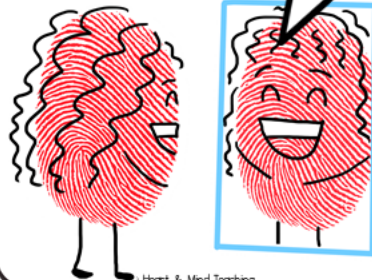
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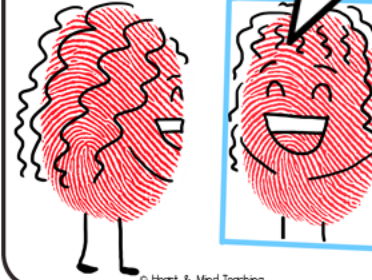
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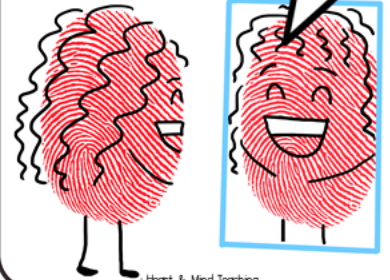
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9



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

... SELF-ESTEEM ...

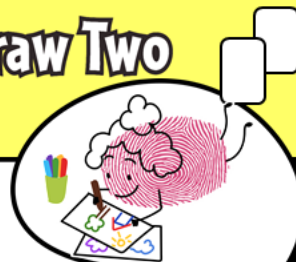
10



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

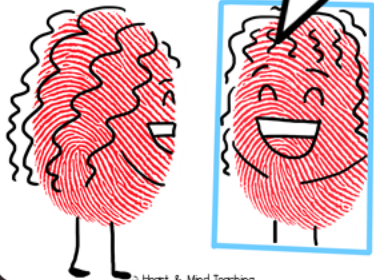


HOW CAN COMPARING YOURSELF TO OTHERS ON SOCIAL MEDIA AFFECT YOUR SELF-ESTEEM?

... SELF-ESTEEM ...

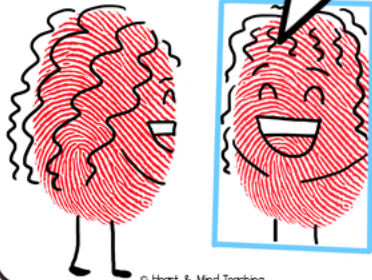


**LET'S TALK  
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SELF-ESTEEM**



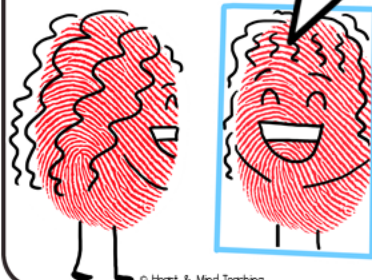
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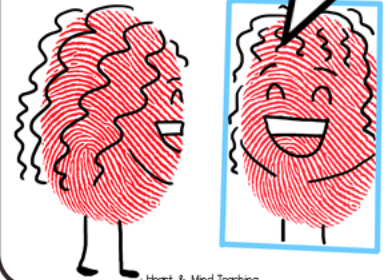
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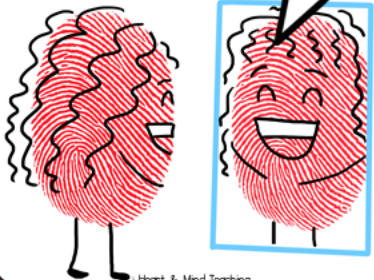
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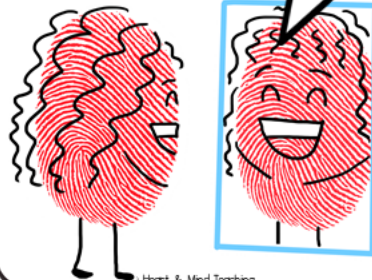
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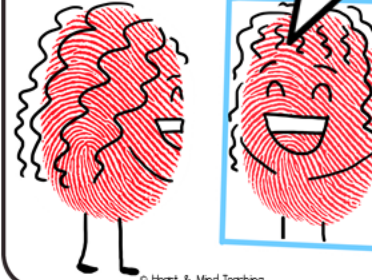
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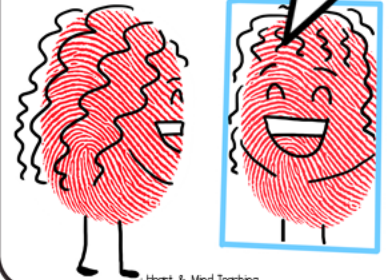
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**Wild**



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**



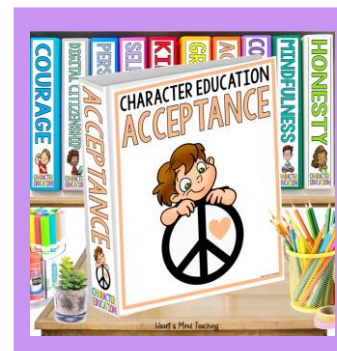
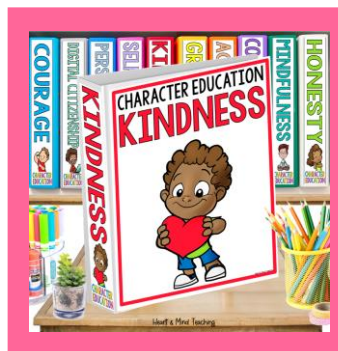
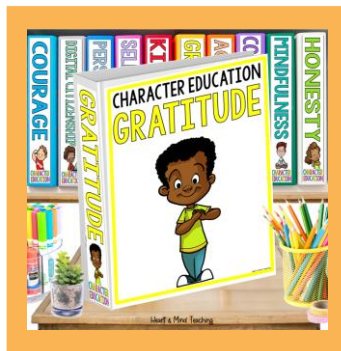
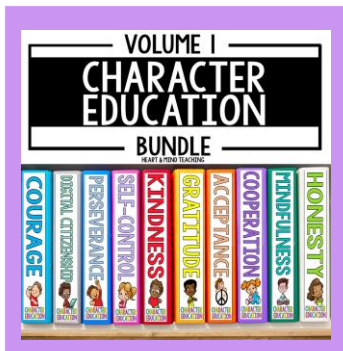
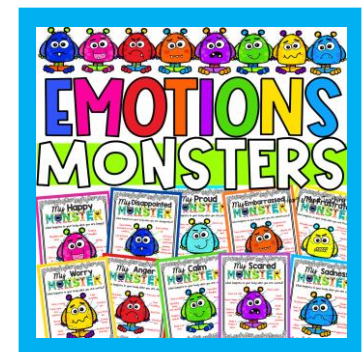
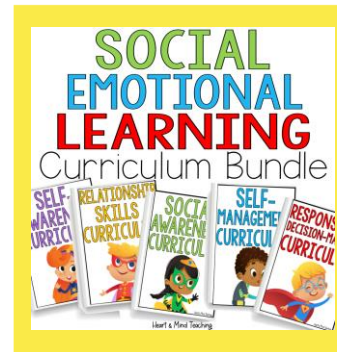
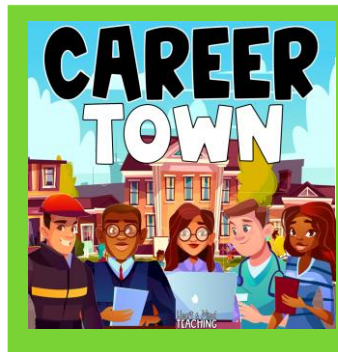
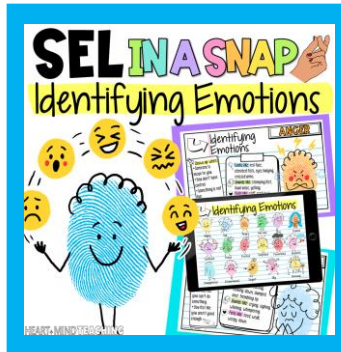
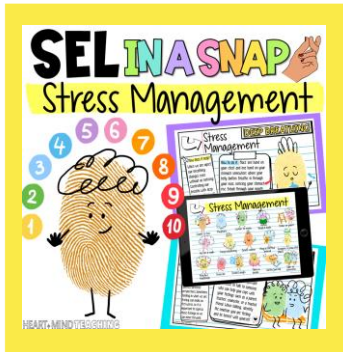
WHAT ARE  
FOUR THINGS THAT  
YOU WANT TO  
IMPROVE ABOUT  
YOURSELF?

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



# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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with Laura & Ashley



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# THANK YOU

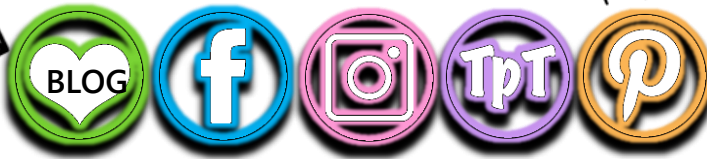
FOR SUPPORTING MY LITTLE SHOP.

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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