

Category-Positive Identity:

ASSET 38-SELF ESTEEM

Class activity- "The friendship test"

Consider the saying "When we surround ourselves with good people, we feel good"

Develop a friendship test that students can use to rate their friends . Utilize a rating scale of most of the time, sometimes and hardly ever. Develop statements based on qualities and behavior such as:

My friend is always willing to listen when I have a problem.

My friend would never talk behind my back.

My friend is worthy of my trust.

My friend has the same values that I do.

My friend makes positive choices.

Take the test in class- consider using it on a school –wide level

Class Activity- "mirror, mirror, on the wall

Give every student a piece of paper with a picture of a mirror on it. On this mirror, they should write 5 qualities they like about themselves (physical or personality). They then turn it over to picture of a window-their partner lists 5 qualities that they see in the person. Compare the lists

Discussion-how do we see ourselves?

How do others see us?

Class Activity- "I am....."

Make a worksheet with fill in the blanks:

I help someone out when i...

I feel special when I.....

I show leadership when I

I am respected by others when I.....

I show my values when I.....

I show initiative when I.....

I am a good friend when I.....

I am a good son or daughter when I.....

I am a good role model when I.....

I feel my best when I.....

Class Activity-"Movie Time"

Watch the movie "Penelope" and discuss self-esteem.

"Always be a first rate version of yourself, instead of a second rate version of someone else." Judy garland

"All of us are stars and deserve the right to twinkle." Marilyn Monroe