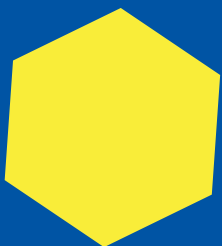# WEEK TWO

SESSION PLAN AND WORKSHEETS

Week 2 session plan:
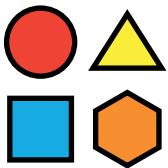# Self-esteem

Aim:

Understanding what self-esteem is and promoting a positive self-image for ourselves and others.

Time:

1hr 30mins

Resources needed:

- Treasure Chest
- Group Agreement
- Pens / Paper

- Full Booklet
- Self-Esteem worksheets
- Whiteboard or flipchart

Add-on resources:

- Parked cars

What to do:

5 Minutes

Introduction: Introduce workshop and explain the learning outcomes and reason for the treasure chest – Open Treasure Chest – Hand out Booklets (or worksheets if only doing Self-esteem)

What to do (continued):

10 Minutes

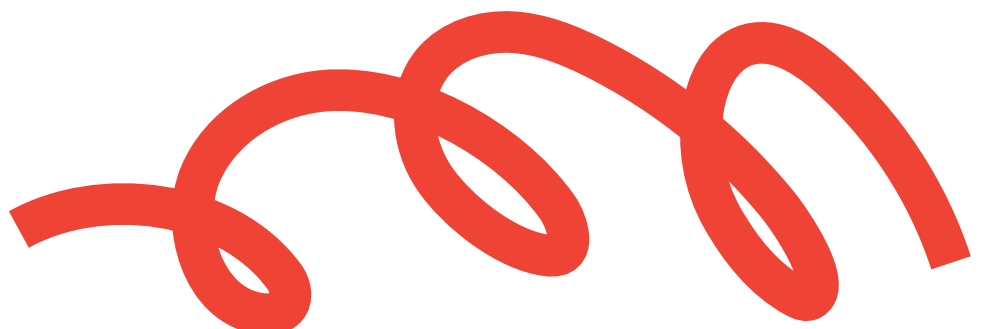**Icebreaker:** – I am Unique or Compliment Bingo

Hand out booklets and name badges. As you are handing out booklet/name badges, ask the person to share a fun fact about themselves. Facilitator(s) can also share a fun fact about themselves.

15 Minutes

Group Conversation – What is Self-esteem? Allow group to put their hands up and facilitator can write comments on whiteboard/flipchart.

Explanation: Self-esteem is a term used to describe how much we value and believe in ourselves. It's about feeling good about who we are, our abilities, and our place in the world. Having high self-esteem means feeling confident, capable, and worthy, while low self-esteem can make us feel unsure of ourselves, anxious, and unhappy.

It can often be much easier to see good things in our friends but harder when we are trying to see the good in ourselves – so today we're going to have a talk about positive self-esteem and see if we can recognise some good things about ourselves as well as our friends and how things that we do, even the little things, can improve our self-esteem.

What to do (continued):

Why is it good to have good self-esteem?

- Confidence

- More comfortable being able to make decisions based on our own thoughts and feelings

- Resilience – knowing we have the ability to bounce back and keep trying

- Positive relationships – comfortable to express our thoughts and feelings to others

- Improves our mental health and well-being

- Success, more likely to set and achieve goals and make positive contributions around us.

What sort of things can we do to improve our self-esteem?

- Practicing self-care (this will be discussed further in the Relaxation and Self-care workshop)

- Focus on our strengths and understand that challenges will arise – we can't always be the best at everything, but we can always improve

- Think positively – learn to challenge negative thoughts. The way we feel effects the way we think which then effects the way we behave – working on this will also help improve resilience

- Be around people that 'lift you up'

- Help others

3 Minutes

Video (can be swapped for other relevant story or video):
YouTube – Building your character: Self Esteem:
https://www.youtube.com/watch?v=_8AI_S0Sffg

What to do (continued):

20-30 Minutes

Hot air balloon worksheet – positive characteristics: Just like our Group Agreement, we're going to make our own hot air balloon pictures – we're going to fill the balloons with positive character statements about ourselves. When we've filled these up we are high and floating, happy and excited (to reflect positive self-esteem) when we take away the balloons or burst them with negative self-views we start to float closer to the ground and our self-esteem becomes lower. You can decorate your picture as much as you would like – make it as unique as yourself.

When the group has finished writing positive things about themselves – encourage them to move around the group, getting others to write what they like or admire about the person. This worksheet can act as a reminder, when we're not feeling too good about ourselves, of all the good things that we do and how others feel about us also.

10 Minutes

Game – Self Esteem step-tig: Ask the group to spread themselves out around the room or space – it doesn't matter the size of the room as only the 'tigger' will be moving around the room.

Once everyone is spaced out – the facilitator will say 'Self-Esteem', the group then put up their hand and say something that they do to boost their self-esteem/ something that they love about themselves.

If they are able to do so within 5 seconds they can then take 1 step toward someone and, if they can reach, 'tig' them. If they cannot reach the person they don't get to tig anyone, if they are able to reach someone, the person

What to do (continued):

who has been 'tagged' then sits down and you repeat until there are only 2 left.

5 Minutes

Cool Down – Body Scanner (can be swapped for other relevant mindfulness activity): https://www.youtube.com/watch?v=xLoK5rOl8Qk

10 Minutes

End of session:

- Collect Feedback faces if needed

- Close treasure chest

- Reminder to take home weekly learning information slip

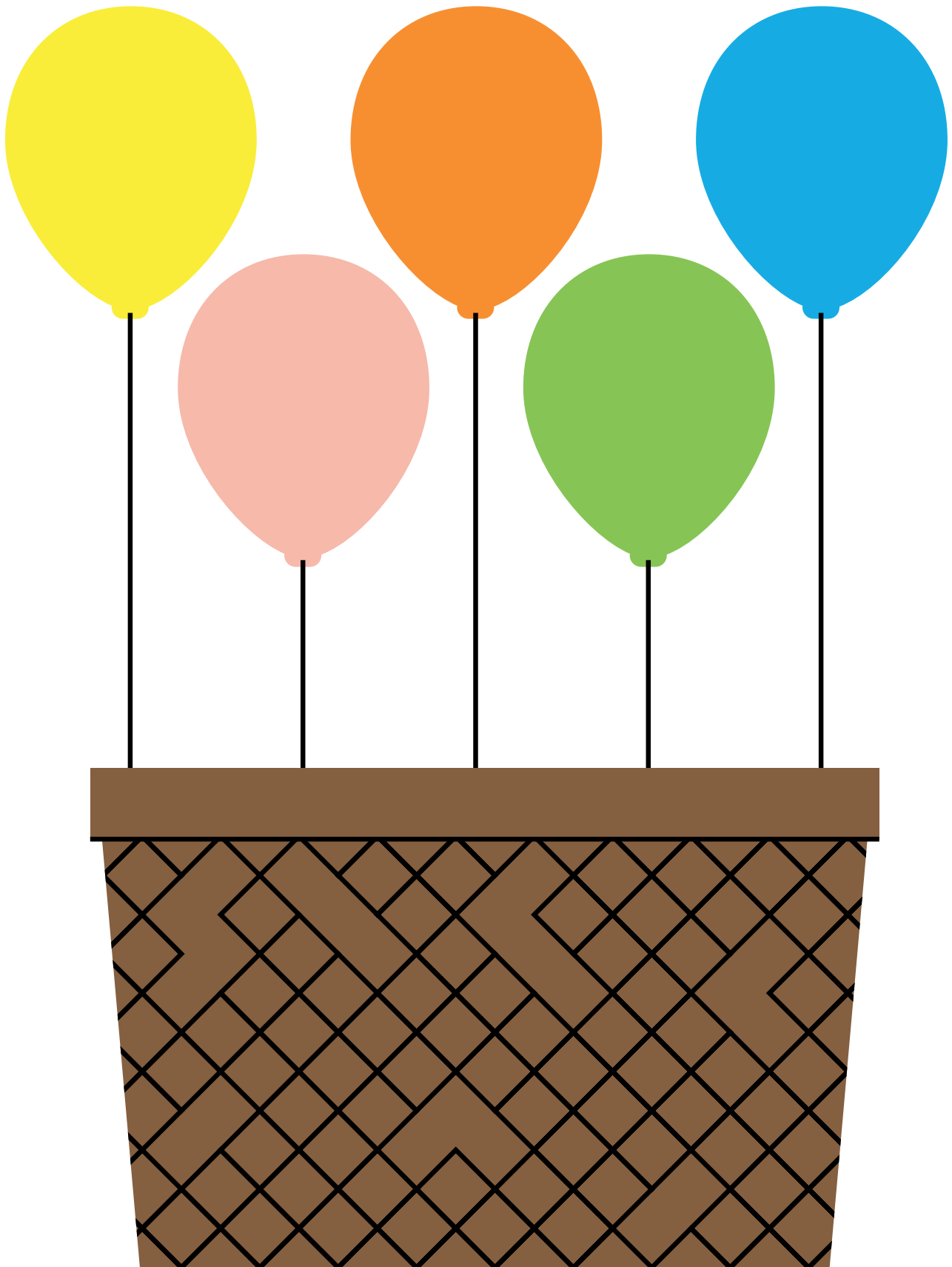- Reminder of next week's topic

Add-on activity

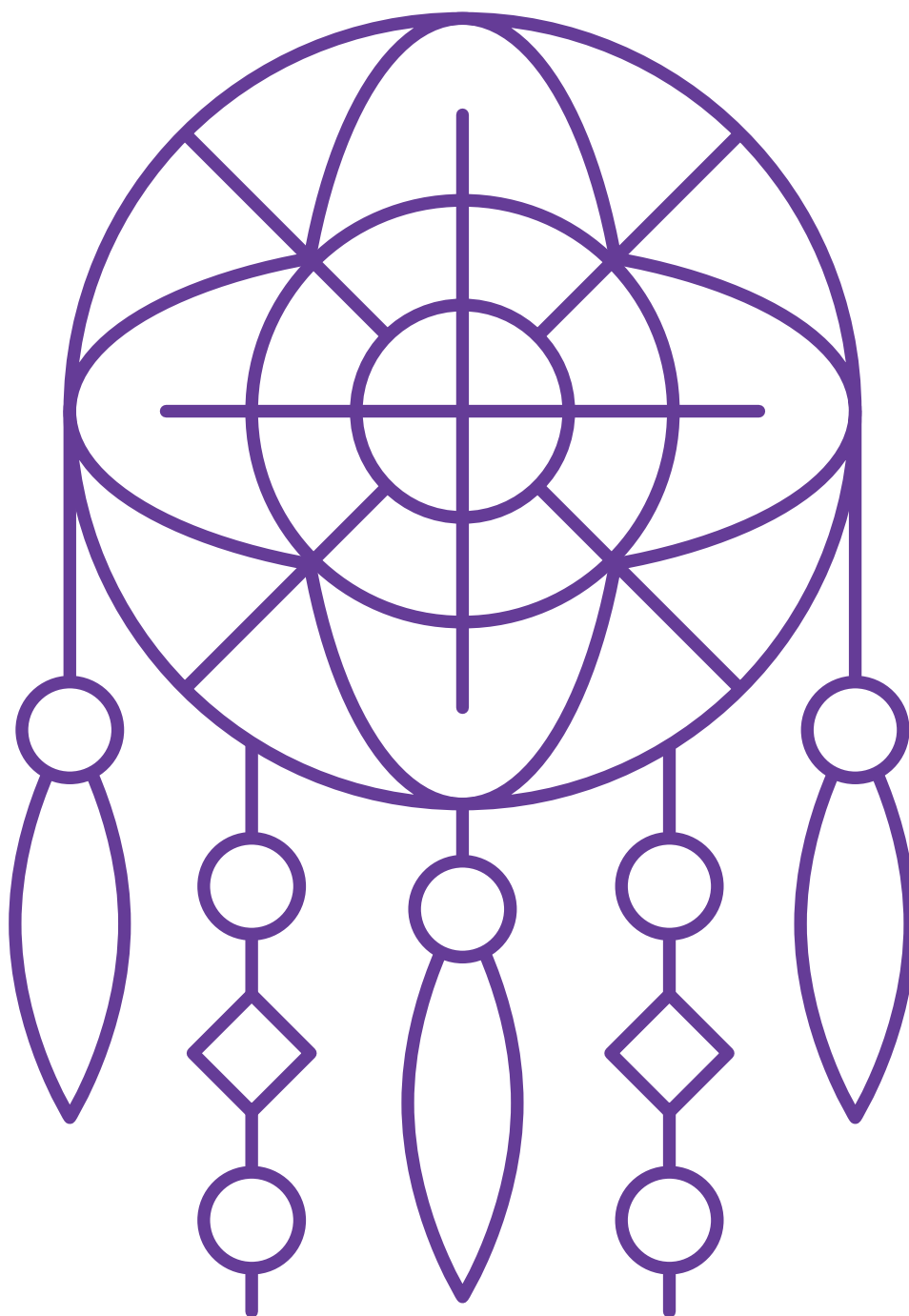**Dream catcher worksheet / Make a dream catcher**

Learning points

- To raise awareness of the importance of Self-esteem

- To work on building our own self-esteem

- Promote encouragement and kindness between group

Hot air balloon

Dream catcher

☐ **Kind**   ☐ **Friendly**   ☐ **Confident**

☐ **Caring**   ☐ **Fun**   ☐ **Helpful**

Dream catcher

Dream catcher infused with the values of meaningful relationships. Assign specific colours to each relationship value: kind-purple, friendly-yellow, confident-red, caring-pink, fun-orange, helpful-green. Colour in the dream catcher. Using crayons or markers, colour in the spiral pattern of the dream catcher according to the assigned colours for each relationship value.

You can cut out the drawn dream catcher from the worksheet.

Attach feathers or embellishments to the dream catcher using thread. Arrange beads in a pattern that reflects the importance of each value (e.g., kindness in the centre, surrounded by others). Thread beads onto the dream catcher that match the relationship value beads.

Hang your dream catcher above your bed or in a prominent spot to remind you of the importance of meaningful connection.