

Activity: Session 10 Self Esteem

Objective: The object of this session is to stress the importance of good, healthy self esteem and how positive thinking affect self esteem.

Sign In and Welcome

Check In

Ask group to share how they are feeling by mat ching how they feel to a color. Have each person explain their reasoning. For example: I feel yellow today, bright and cheerful.

Warm Up Activity: "Line Up Game"

Divide the class into two groups. Have them line up in a single file facing the leader. The object of the game is for them to line up according to whatever category that leader calls out. As an example the leader might say, "Line up by height, shortest in front and tallest in back, GO!"

When they feel they have lined up correctly, every member of the team must raise their hand or sit down indicating that they are done. The first team to accomplish the task and give the finish signal is declared the winner and the leader will call out the next command.

Some additional examples:

- By shoe size
- By hair color or length
- By birthday
- By eye color
- By the number of people in your family
- By the number of pets you own

Introduce Topic and Discussion

- Did people stay in the same place during each of the commands in this activity? Why not?
- Were you always between the same people? Why not?
- Which people are the most important in the activity, the ones in front or in back? Why?
- What can this activity tell us about being different?
- Is it good or bad to be different from each other?
- What are some of the other things that make us all unique and different?
- How does this uniqueness define who we are as we get older?

9/24/2003 4:31 PM

Activity: Session 10-Self Esteem

H:\STEPHAN\MENTORING 00-03\CURRICULUM-FNL\M FNL Mentoring Session 10-Self Esteem FINAL.doc
Developed by the California Friday Night Live Partnership in partnership with the FNL Mentoring Policy Committee

2637 W. Burrel Ave, P.O. Box 5091, Visalia, CA 93278-5091

Phone: (559) 733-6496 Fax: (559) 737-4544

www.fridaynightlive.org



One-on-One Time

Discuss how and what makes us different and unique can sometimes affect our self-esteem.

- Have you ever been made fun of because of your differences? Explain.
- How did that make you feel?
- Do you care how people think of you? Explain.
- Have you ever wished you could change something about yourself or been critical of yourself?
- What can we do to boost ourselves back up when we are feeling that way? (Examples: Talk with a friend or relative about how you feel, do something fun that makes you feel good, journal your thought and feelings in a diary, etc.)
- What are some ways that we can boost self-esteem for those around us? (Examples: Saying a friendly “Hello”, writing someone a note of encouragement, giving someone a hug, complimenting someone on how they look or an achievement they reached, etc.)

Wrap up Activity and Discussion

Explain: Sometimes we focus more on the negative side of our personality traits than on the positive side; many of us have probably done this at some point in our lives. Make a conscious effort to focus on the good side. You’ll feel better about yourself and you’ll realize you have more positive than negative traits. It may be difficult at times but it’s worth it.

Instead of thinking...

I’m too emotional

I’m too shy

I’m too pushy

I’m too nosey

I’m too hard on myself

Try thinking...

I’m in touch with my feelings

I’m reserved and thoughtful

I’m assertive and I get things done

I’m curious and I love learning new things

I’m focused and goal oriented

Closure

Thank everyone for their participation. Encourage everyone to remember what was discussed today and make an effort to focus on the good side and help build self-esteem in others.

Optional Activities/Discussions

Group Activity: “Musical Magic Bags”

This is a fun activity to do once the group has had a chance to get to know each other well and would be best to implement in last two sessions.

9/24/2003 4:31 PM

Activity: Session 10-Self Esteem

H:\STEPHAN\MENTORING 00-03\CURRICULUM-FNL\M FNL Mentoring Session 10-Self Esteem FINAL.doc
Developed by the California Friday Night Live Partnership in partnership with the FNL Mentoring Policy Committee

2637 W. Burrel Ave, P.O. Box 5091, Visalia, CA 93278-5091

Phone: (559) 733-6496 Fax: (559) 737-4544

www.fridaynightlive.org



Materials Needed

- Paper lunch bags
- Markers
- Glue
- Decorative items like glitter, stickers, etc.
- Blank strips of paper (about 5 strips per person)
- Pens/pencils
- Tape or music player

Instructions:

- Each person gets a bag, writes their name on it and uses supplies to decorate their bag, encourage creativity.
- Have group sit in a circle with their decorated bag.
- Pass out strips of paper and pens/pencils to each person (approximately five strips of paper per person).
- Play the music and have people begin passing their bags around the circle, have them stop when the music stops (like musical chairs). Make sure everyone has a different person's bag.
- Use the strip of paper to write something positive or send a compliment to that person, place the strip in the bag.
- Continue playing music and passing bags as time allows.
- Return bags to owner and have them read the positive things in their bag.

Explain that everyone should keep their magic bags and when they are feeling low or having bad day they can read the positive statements inside.