**Activity: Reasons why a pupil might have low self-esteem**

Pupils could work in groups to make a list of reasons why a teenager might have low self-esteem and what things could be done to enhance self-esteem.

Pupils could create a mind map of all their ideas.

After some brainstorming time, ask groups to share their ideas with the class.

**Activity: Who affects your self-esteem?**

|  |  |  |
| --- | --- | --- |
| Your best friend | Friendship groups | Other pupils |
| People you don’t get on with | Yourself | Teachers |
| People you don’t know | Your sibling(s) | Parent(s) or caregiver(s) |

Pupils could out the card or number them in order of most importance to how they think they affect their self-esteem (The most important 1st).

Afterwards, pupils may want to share their thoughts with another group or as a class.

Discus how these people might affect self-esteem in a positive or negative way.

**Activity: “I am”**

The first step in building self-esteem is thinking positively about one’s self.

This activity utilises the effective and positive affirmation technique. Pupils are encouraged to think positively and with energy about what makes them who they are. The idea is that by writing down such positive thoughts, they are reinforced in their minds, and by thinking about themselves and their attributes positively, their self-esteem is heightened.

Pupils could create a list of “I am” statements. Some examples include: “I am a hard worker.” and “I am good at basketball.” Each sentence must begin with “I am…” The student writes down as many positive attributes and qualities about him or herself as he or she can think.

Then pupils could decorate their list using pictures, words, or symbols clipped from magazines that represent things they enjoy doing or own, places they’ve been, people they admire, or careers they desire, students create a collage. At the end of the session, post the collages around the room and have the other students guess which collage belongs to whom and state why they made that guess.