



Self-Esteem

Today we are learning all about self-esteem with **Hilo**, the **self-esteem** monster. Self-esteem is a feeling that you get about yourself. It can be a very powerful emotion and, if extreme, can really affect a person's mood. There are 2 types of self-esteem: high and low.

Hilo says, "I am amazing. I am important. I have self-confidence."

If you have **high self-esteem** you feel good about yourself and you are **confident** about your abilities. You complete tasks with ease and tackle challenges with confidence. People with high self-esteem are happy and **positive**.

If you have **low self-esteem** you feel bad about yourself and are **not confident**. You feel that you cannot do anything right and don't want to attempt to do anything that would test your abilities. You can be **withdrawn**, sad or even appear angry.

Everyone feels bad about themselves sometimes, but we need to remember what we can achieve or how good we are to boost our self-esteem.

I am very good at playing guitar.



Self Esteem

Hello, I am Hilo!!

Questions

- What could affect my self-esteem?
- How does having low self-esteem make me feel?
- What am I good at?
- What do I like about myself?

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- Do you smile and feel happy when someone gives you a compliment?

Think Care Share

LKS2

We are going to give and receive positive statements to boost our self-esteem.

Before we start, have some thinking time now to think of things that you are good at or that you like about yourself and things that other people are good at too.

This could be about me (teacher or parent) or someone in our/your family or even a friend.

YOUR TASK: Choose someone (someone at home or that you talk to) and say positive and kind things about each other.

You are always
helping to tidy
up at home.

You helped your
little brother to brush
his teeth.
You are so thoughtful.



1. Draw your own self-esteem star

2. Give it to someone at home. When you give it to them say one good thing about themselves and one good thing about you.

Who could you give it? Who needs a smile today?



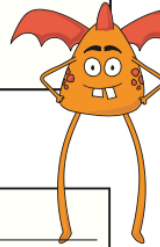
Self Esteem



Name:



Two things I am good at...



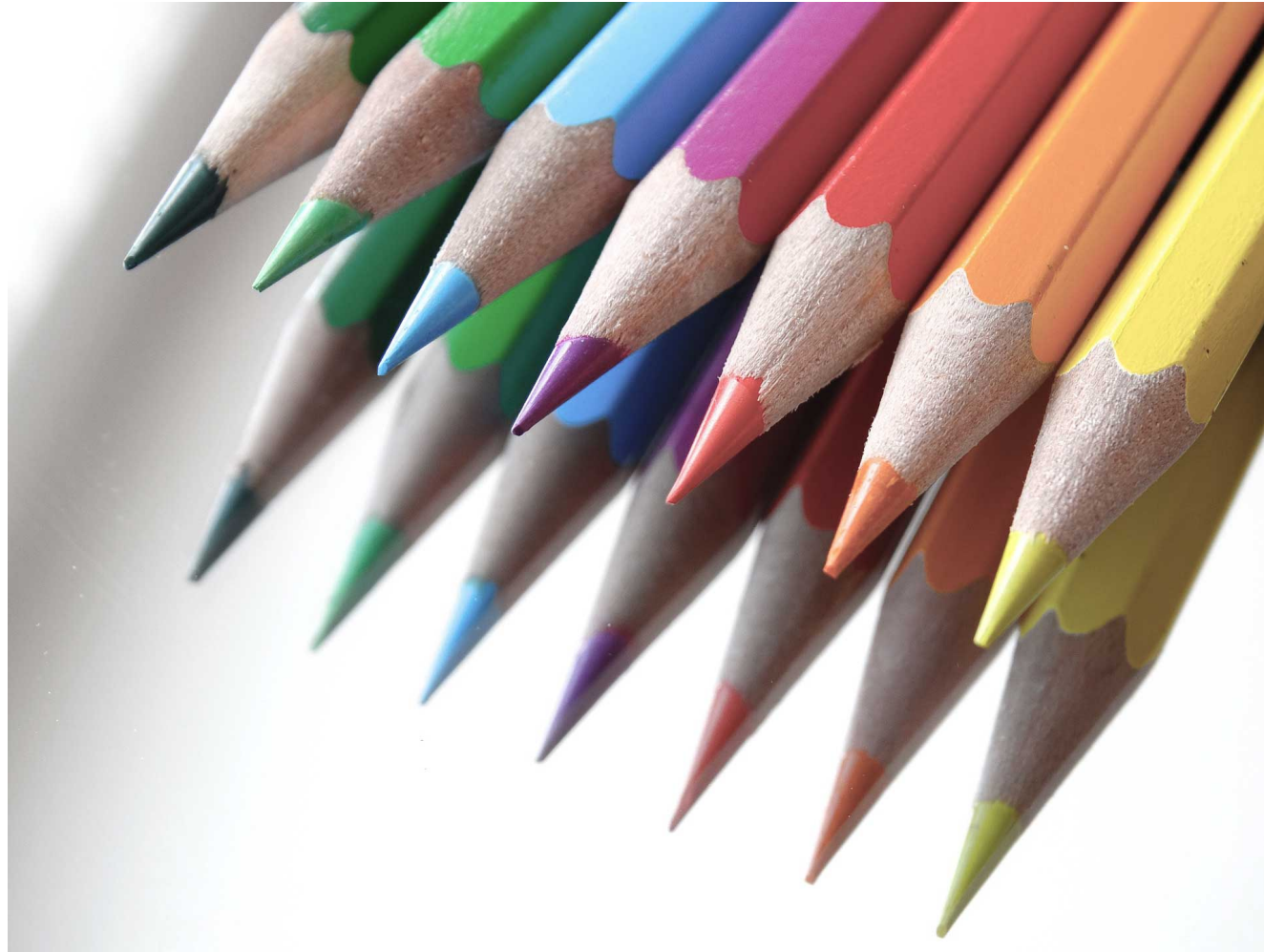
My friend thinks I am good at...

Write your name and draw a picture of yourself



Now you know more
about self-esteem
complete the sheet
that Hilo has
prepared for you.

Mindful Colouring



I am amazing.

I am good at lots
of things!

