

Me, myself, I — self-concept and self-esteem



Included in this session are:

- **Activity 1.** Who am I?
- **Optional/alternative activity**
- **Activity 2.** Self-esteem and my Self Star Rating
- **Activity 3.** 'That's fantastic, but I once...!' (activity sheet not in workbook)
- **Activity 4.** My strengths
- **Reflection**
- **Home tasks**

activity 1

'Who am I?'

Part 1. Defining me

The purpose of this exercise is to encourage you to start thinking about what makes you the unique person that you are.

Complete the following:

My favourite food

My favourite song/music

My favourite place

An important person in my life

My favourite possession

A group I belong to

My favourite pastime

A dream for the future

Something I dislike

Something I'm good at

Part 2. 'I am...?'

Think about some other ways you could describe yourself. Complete a few 'I am' statements. Include skills or characteristics, likes/dislikes, and groups or teams you belong to.

Some examples are: 'I am a brother/sister'

'I am a good listener'

'I am against nuclear weapons'

'I am a member of the soccer team'

'I am a chocoholic'

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____



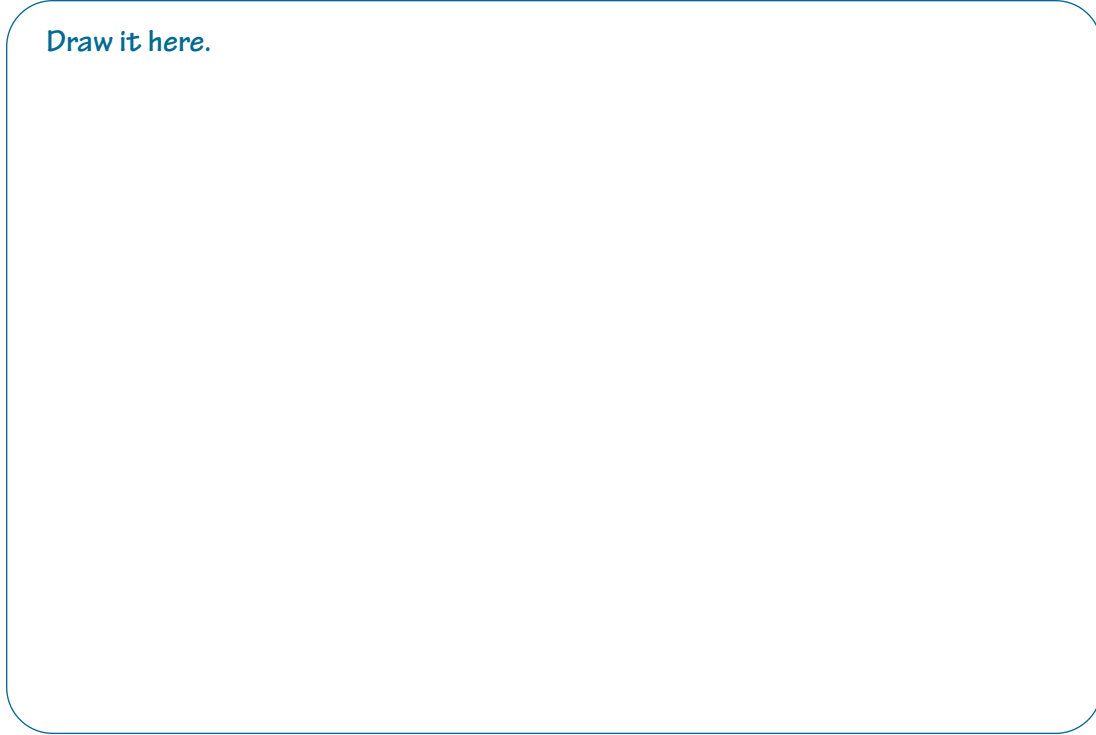
Key message

It's OK to be who you are
— to be individual
— to not be good at
everything. It makes you
UNIQUE.

Optional activity

Think of a symbol that you think represents you. This could be anything — an animal, object or other representation that you think defines and describes you.

Draw it here.



List some of the qualities or characteristics that the symbol represents for you.

Self-esteem

- The way you feel about yourself, or how you rate yourself is called self-esteem. Self-esteem is to do with accepting yourself, feeling confident, and liking yourself.
- Everyone's feelings about themselves can change from day to day, and are affected by many different situations and events.
- Nobody feels good about themselves all the time.
- People sometimes respond differently to the same event — how we feel about ourselves is partly affected by the expectations we have of ourselves.



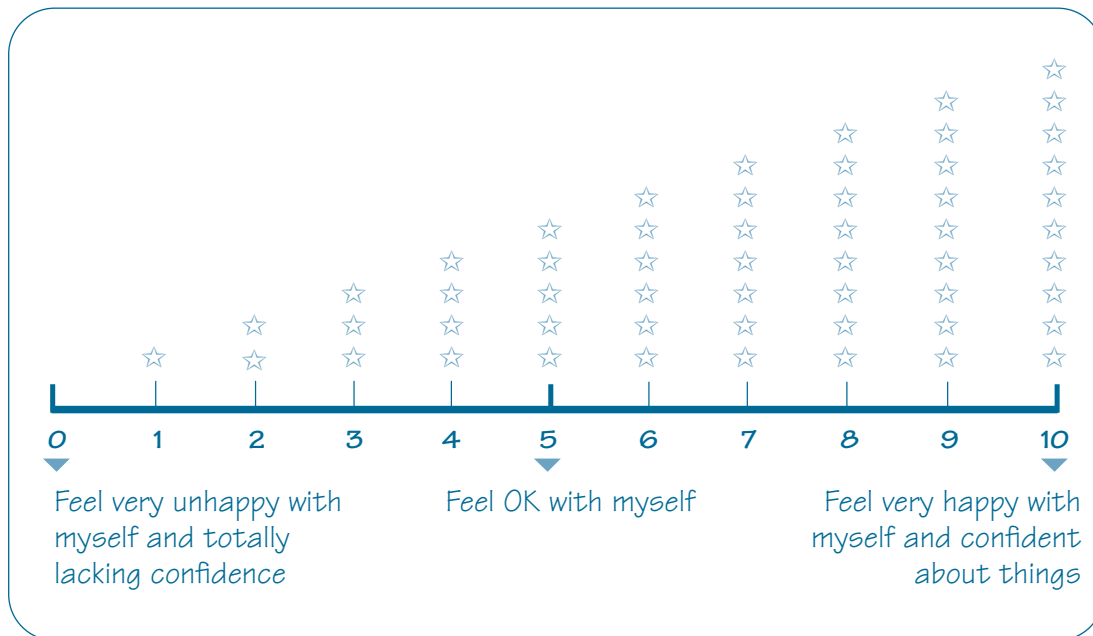
Key message

Self-esteem is not fixed and it can and does change.

activity 2

Self-esteem — my Self Star Rating

On a scale of 0 to 10, rate your self-esteem or how you feel about yourself today.



My Self Star Rating is _____

activity 4

My strengths

Below are some personal strengths that are divided up into the five broad 'self-contexts' that are often used by young people. They may or may not be appropriate for you.

1. Circle any of the strengths that may be appropriate for you.
2. Then add some of your own strengths in each area.

Social	Interests/sports
<p>I am a caring friend I listen when others have a problem I get along with others I have friends I can rely on I do fun things with others</p>	<p>I play a sport I work well in a team I enjoy listening to music I have a hobby/interest I like to be creative</p>
Family	School
<p>I help around the house I try to get along with my family I help look after a pet</p>	<p>I try to do my best I have a subject I enjoy I contribute in class I enjoy learning new things I am involved in school activities</p>
Personal characteristics	
<p>I am not afraid to ask for help I try to think about others' feelings I try to finish things that I start</p>	<p>I listen to other people's opinions I have a sense of humour</p>



Key message

Remind yourself, 'I am an OK person. I do have strengths'. It's true!

Reflection



Rate your current self-esteem using the Self Star Rating.

Number of stars _____

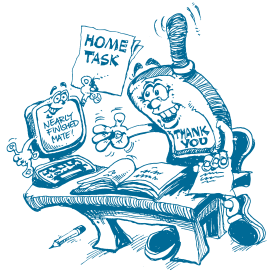
Compare it with the Self Star Rating you did earlier (on page 34).

Do you think listing some personal strengths made you feel differently about yourself? If so, why might this be?

Of the five self-esteem contexts — *social, school, family, personal characteristics and interests/sports* — which are the most important to you and why?

Write down two or three things that you believe are most important for building self-esteem.

Home tasks

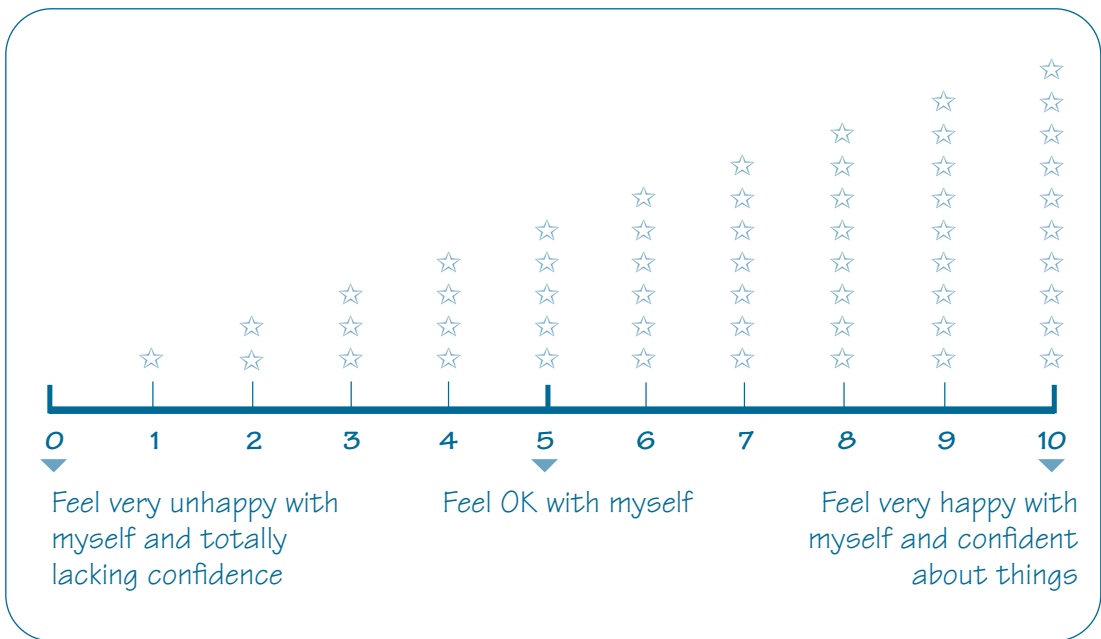


- Over the next week, use the Self Star Rating to take regular ratings of your self-esteem.

Pay attention to how your star ratings change.

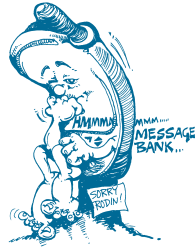
In particular, **write down the things that help you to feel good over the next week.**

On a scale of 0 to 10 rate your self-esteem or how you feel about yourself today.



	Self Star Ratings	What helped me feel good
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Message bank



It's OK to be who you are — to be individual — to not be good at everything. It makes you **UNIQUE**.

Self-esteem is not fixed and it can and does change.

Lots of things influence self-esteem.

You can learn to build up your self-esteem.

Remind yourself, 'I am an OK person.

I do have strengths.' It's true!

Your own text

