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**
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 ________________________________________________________________

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

My Self Star Rating is ________________________________________________
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.**

<table>
<thead>
<tr>
<th>Social</th>
<th>Interests/sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a caring friend</td>
<td>I play a sport</td>
</tr>
<tr>
<td>I listen when others have a problem</td>
<td>I work well in a team</td>
</tr>
<tr>
<td>I get along with others</td>
<td>I enjoy listening to music</td>
</tr>
<tr>
<td>I have friends I can rely on</td>
<td>I have a hobby/interest</td>
</tr>
<tr>
<td>I do fun things with others</td>
<td>I like to be creative</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>I help around the house</td>
<td>I try to do my best</td>
</tr>
<tr>
<td>I try to get along with my family</td>
<td>I have a subject I enjoy</td>
</tr>
<tr>
<td>I help look after a pet</td>
<td>I contribute in class</td>
</tr>
<tr>
<td></td>
<td>I enjoy learning new things</td>
</tr>
<tr>
<td></td>
<td>I am involved in school activities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Personal characteristics</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I am not afraid to ask for help</td>
<td>I listen to other people’s opinions</td>
</tr>
<tr>
<td>I try to think about others’ feelings</td>
<td>I have a sense of humour</td>
</tr>
<tr>
<td>I try to finish things that I start</td>
<td></td>
</tr>
</tbody>
</table>

**Key message**

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

<table>
<thead>
<tr>
<th>Self Star Ratings</th>
<th>What helped me feel good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
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<tr>
<td>Wednesday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
<td></td>
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<tr>
<td>Sunday</td>
<td></td>
</tr>
</tbody>
</table>
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!