Included in this session are:

- **Activity 1.** Sorting self-descriptions
- **Activity 2.** Self-talk
- **Reflection**
- **Activity 3.** Practising self-praise
- **Home tasks**
This activity is to encourage you to think more about your self-concept and the relationship between the way you think about yourself and your self-esteem.

**Categories**

<table>
<thead>
<tr>
<th>Exactly like me</th>
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<table>
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<tr>
<th>A bit like me</th>
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<table>
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<tr>
<th>Not much like me</th>
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<th>Not at all like me</th>
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1. Cut out the Personal Attributes Cards handed out by the teacher.

2. Sort the Attribute Cards into categories according to how well the attribute describes you. The four categories are listed in the table below. Sort the cards by placing them in the appropriate columns in the table.

3. To keep a record, write those attributes that are ‘Exactly like you’ or ‘A bit like you’ in the appropriate columns at left.
1. Read the following story.

**A day in the life of Katie**

Katie was going to be late. She had to help her younger brother and sister get ready for school today because her Dad had to go to work early and her Mum was working night shifts. And Matt and Jodie were being little pains. She couldn’t find her clothes for volleyball training and then she burnt the toast and spilt the orange juice. In the end, Katie had to run for the bus and tripped over on the way. Katie looked around quickly to see if anyone had seen, thinking how clumsy and stupid she must look.

At school, Katie got her mark for the History exam — 72%. It was a good mark for Katie; last exam she got 65%. But she had studied long and hard for this one and she thought she might get closer to 80%. The teacher had said it was well set out and well written but some of the dates were wrong and some more detail would have been better. Katie knew she could write a good essay (she got good marks for English) but she struggled to remember all the historical facts and dates. Katie wondered why she couldn’t remember this stuff even when she studied hard. She thought she must be dumb.

In Maths, they had to work in pairs and Katie was paired with Tony.

Tony was really struggling with the work. Katie certainly wasn’t brilliant at maths but if she worked at it she found she usually got it in the end. They didn’t get all their problems finished but Tony said that Katie had helped him understand a bit more and Katie found that trying to explain it to Tony made it a bit clearer for herself.

In Home Economics that afternoon, Katie’s scones turned into hard, dark brown lumps. Everyone in the class was making fun of them. Katie was embarrassed but she laughed with the others when they joked about playing cricket with them. The teacher said the thermostat must have broken in the oven but Katie still thought she must have done something wrong.

At volleyball training after school, Katie missed a couple of serves and spiked a couple of balls out. She really stuffed up one of the serves — it didn’t even make the net. The others laughed. Even though she made a couple of winning shots later, she still felt bad about the mistakes. The coach said she was going well and improving but Katie thought he was just trying to make her feel better. She sighed — she just wanted this day to be over.
2. In your group, discuss some of the unhelpful things that Katie might be saying to herself. Write Katie’s self-talk in the thought bubbles below.

3. From the story, list Katie’s positive qualities.

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4. Thinking about Katie’s positive qualities, what more helpful self-talk could Katie use to cope with her bad day?
Self-talk

- Self-talk is the way we speak to ourselves — the words we say to ourselves in our head — sometimes even out loud.

- We are not always aware of self-talk — it is often automatic and unconscious although we can become aware if we STOP and LISTEN to ourselves.

- If our self-talk is unhelpful or negative, we won’t feel very good about ourselves.

Key message

We can change our self-talk by becoming aware of the things we say to ourselves and changing negative and unhelpful self-talk to more helpful and positive talk.
Can you think of any times recently when you have used unhelpful or negative self-talk? What did you say to yourself?

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Can you think of any alternative, more helpful things you could have said to yourself?

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1. Look back over the strengths you identified in different contexts in Session 3 (page 35).

2. Select one personal strength from each context. Write them below.

   Social ____________________________________________________________

   Interests/sports____________________________________________________

   Family ____________________________________________________________

   School ____________________________________________________________

   Personal characteristics ____________________________________________

3. Think of a positive (self-praising) statement for each strength. Where possible, give an example of how this statement applies to you. For example:

   Strength: Sense of humour

   Statement: I have a good sense of humour; I can laugh at myself.

   Strength: Caring

   Statement: I am a caring person; I try to support my friends when they have a problem.
Positive/self-praising statements

Social

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________________________________________________________________________

Interests/sports

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________________________________________________________________________

Family

________________________________________________________________________

________________________________________________________________________

School

________________________________________________________________________

________________________________________________________________________

Personal characteristics

________________________________________________________________________

________________________________________________________________________

4. Say these self-praising statements to yourself (not out aloud).
Over the next week, practise saying those self-praising statements to yourself each day. You may want to look in the mirror when you say it. You may also want to think about how this affects your Self Star Rating.

Another task is to make a note to stop yourself whenever you use unhelpful or negative self-talk. Use an alternative, more helpful statement instead. Do this for the week and think about whether this also affects your Self Star Rating.

<table>
<thead>
<tr>
<th>Day</th>
<th>Self-praising statements used and helpful thoughts generated this week</th>
<th>Self Star Rating</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Sunday</td>
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</table>
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