

## WEEK 2 SELF ESTEEM



Self-esteem is the way that you view yourself. Having good self-esteem means that you have respect and consideration for yourself.

Watch [https://youtu.be/L\\_NYrWqUR40](https://youtu.be/L_NYrWqUR40)

### My Special Gifts

From making friends, playing a sport or musical instrument or even being good at a subject such as maths, everyone has something they do well. Try to recognise your own gifts and talents.

#### Five of my gifts are

1. ....

2. ....

3. ....

4. ....

5. ....

Which of these makes you most proud?

.....

What do you think the world be like if everyone had the same talents?

.....

.....

.....

Write down the different ways you would be proud to be described

For example, "You are always kind to others"

**You are always  
kind to others**

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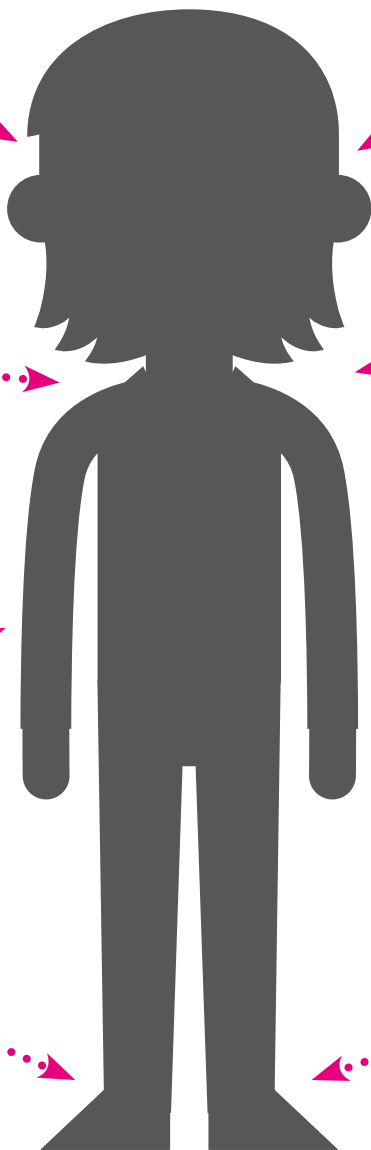
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### **Class activity**

In small groups, each child should write their name at the top of a page.

Pass the pages around the group so that everyone has the opportunity to write something positive about each child.