



# **5 ACTIVITIES TO IMPROVE YOUR SELF-ESTEEM**

**FOR 8-17 YEAR OLDS**

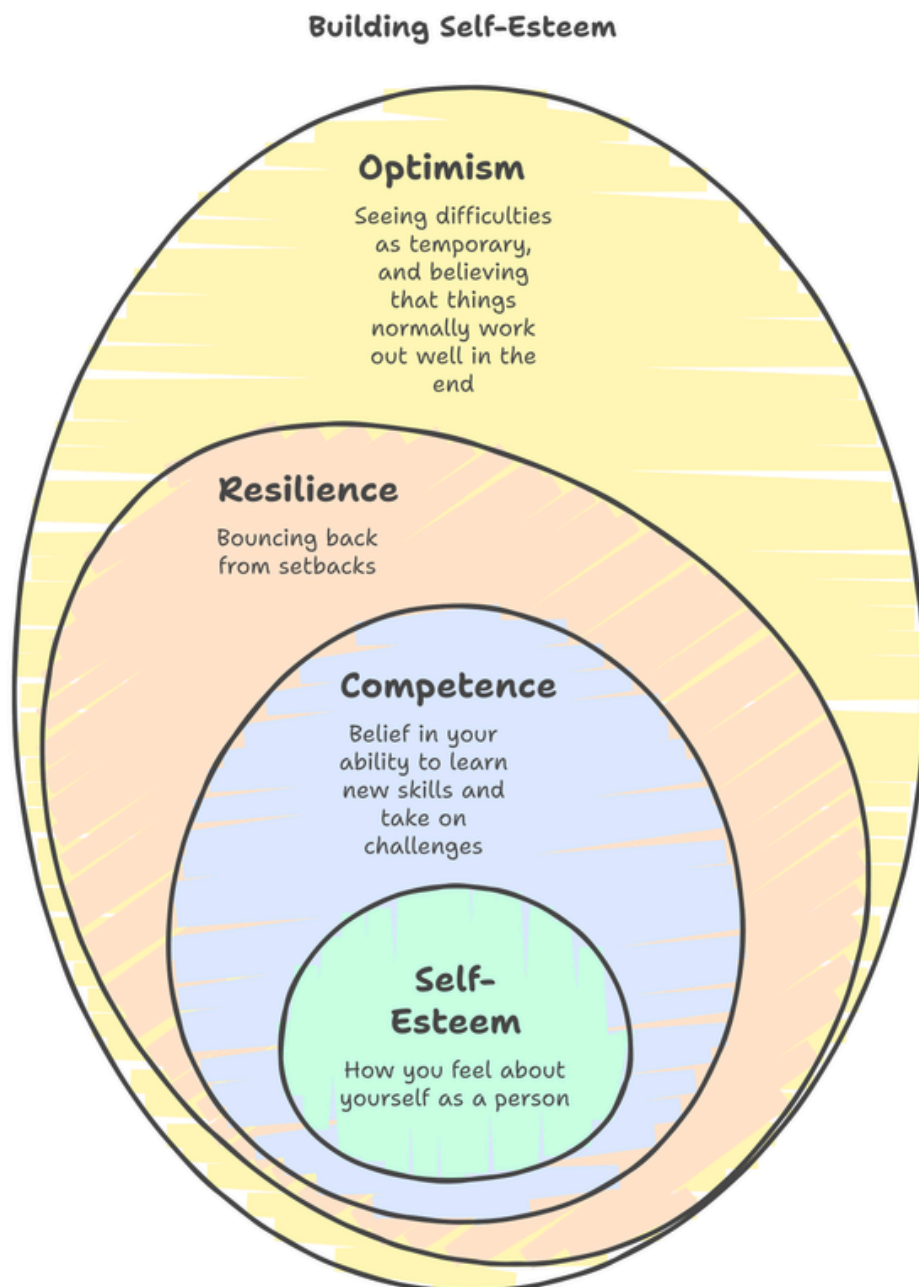
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# Welcome to Your Self-Esteem Workbook

## What is self-esteem?

Self-esteem is made up of three elements: competence, resilience, and optimism.

- **Competence** is about believing there are things you are good at, and that you can learn new skills.
- **Resilience** is about your ability to bounce back from setbacks, adapt to change, and keep going despite difficulties.
- **Optimism** is about viewing difficulties as temporary and that they can be overcome, with everything normally working out okay in the end.



It is important to take small steps each day to build your self-esteem. That is what this workbook is all about.

# ACTIVITY 1

## Positive Goal Setting and 'Open When...' Letters

### Positive Goal Setting

When you set goals, you give yourself something exciting to work toward! Each time you reach a goal, you can feel proud of what you've done. This builds your confidence and helps you see a bright future ahead!

SMART Goals Help You Succeed SMART goals are special because they have all the parts you need to make your goal work well:

- Specific: Clear about exactly what you want to do
- Measurable: You can tell when you've done it
- Achievable: Something you can really do
- Relevant: Important to you
- Time-bound: Has a deadline



Examples of SMART Goals:

- "I will keep my room neat and tidy for the next two weeks by spending 10 minutes cleaning each day."
- "I will improve my time management by finishing all my homework before the due dates this term."

Your Turn! Create Your Own SMART Goals:

My Goals:



Great! Now we will move on to part 2  
of this activity: 'Open When...' Letters

# 'Open When...' Letters

For each of your goals, now you will write two letters:

## Letter #1: For When Things Get Tough

This is your "Keep Going!" letter. When you face a challenge with your goal, this letter will give you a boost of encouragement!

What to Include:

- Words that cheer you on
- Reminders of why this goal matters to you
- Tips for pushing through difficult moments
- Your belief in yourself



## Letter #2: For When You Succeed

This is your "Congratulations!" letter. When you accomplish your goal, this letter helps you celebrate your success!

**What to Include:**

- Praise for your hard work
- How awesome it feels to reach your goal
- New opportunities that might open up because of what you've achieved
- Recognition of your growing skills and abilities

**Making Your Letters Special:**

- You decide how long or short to make them
- Decorate them however you like
- Put each letter in an envelope

Write "Open When..." on the front (like "Open When You Feel Like Giving Up" or "Open When You've Reached Your Goal!")

# ACTIVITY 2

## Negative Belief Challenge

### Step 1: Identify Your Negative Beliefs

Think about three negative things you believe about yourself. Write them down, and include why you feel this way.

For example:

1. "I think I'm bad at making friends because I feel shy when meeting new people."
2. "I believe I'm not smart because I struggled with math last year."
3. "I think I'm not good at sports because I wasn't picked first for teams."



Identify Negative Beliefs



Discuss with Trusted Person



Create New Beliefs



Display New Beliefs

### Step 2: Talk With Someone You Trust

Share these thoughts with someone who cares about you, like a parent, brother or sister or a good friend. Ask them what they think about each belief. They might see things differently than you do!

### Step 3: Create New, More Accurate Beliefs

With their help, change each negative belief into something more truthful. Talking with others helps you see that these negative thoughts are often bigger in your head than they really are. These new thoughts might be:

- Positive: "I'm actually good at..."
- Balanced: "Sometimes I struggle with... but I'm also good at..."
- More accurate: "Just because... doesn't mean..."

### **Step 4: Keep Your New Beliefs Where You Can See Them**

Write down your new, better thoughts and put them somewhere you'll see them often, like your bedroom wall, a notebook or in your phone. Remember: How we talk to ourselves matters! Over time, you can train your brain to be kinder and more truthful about who you really are.

## **MY NEGATIVE BELIEFS:**



## **WHAT MY FAMILY & FRIENDS SAY ABOUT THESE BELIEFS:**

## **MY NEW/ADJUSTED BELIEFS:**



# ACTIVITY 3

## Self Appreciation Project

### What To Do:

1. On the gingerbread person outline on the next page, write good things about yourself **INSIDE** the body.
2. Ask family or friends to write what they like about you **OUTSIDE** the body.
3. Display it somewhere you'll see it often.

### For The Inside (Your View):

Write down:

- Things you like about your personality
- Skills and talents you have
- Achievements you're proud of
- Positive qualities you see in yourself

### If You're Stuck, Ask Yourself:

- What do I like about who I am?
- What skills or talents do I have?
- If I described myself in three positive words, what would they be?
- If someone else had my same qualities, what would I admire about them?

### Self-Appreciation



### For The Outside (Others' Views):

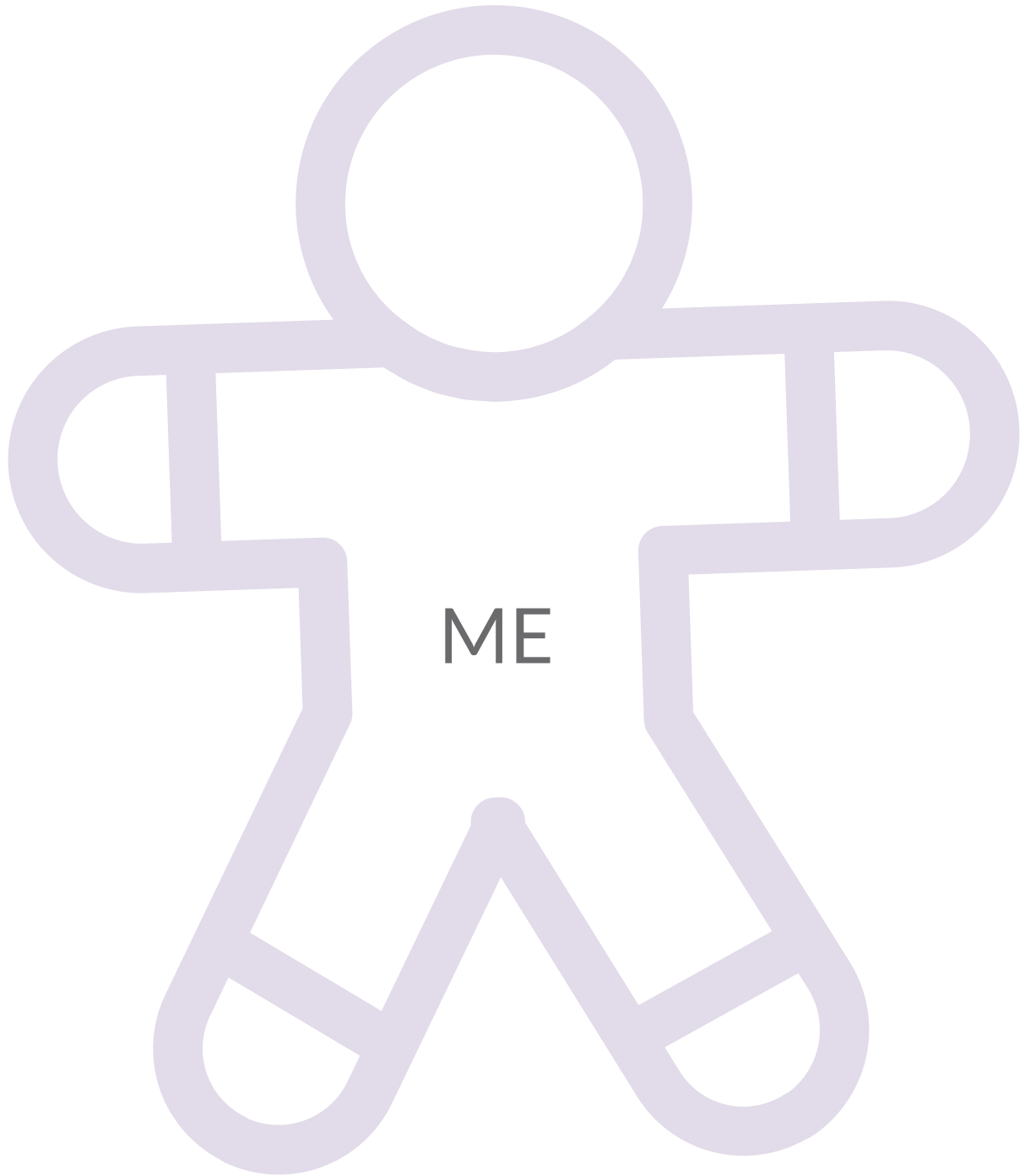
Ask family and friends to write positive things about you.

### Why This Helps:

This activity reminds you of your value - both how you see yourself and how others see you. It shows the qualities that help you succeed and grow in life.

Remember: It's okay if you're not perfect at something all the time. Be honest and realistic about your strengths!

# Self Appreciation Project



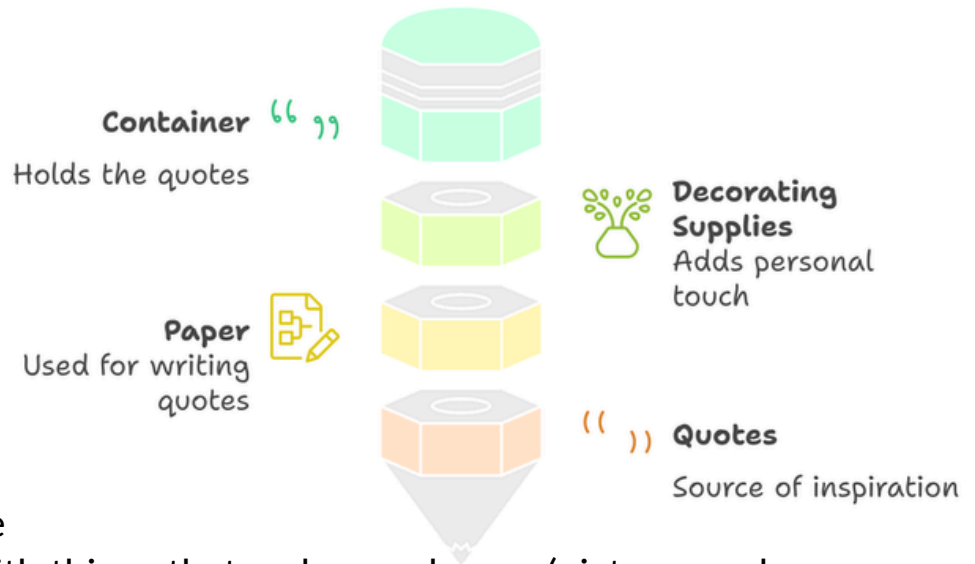
# ACTIVITY 4

## Motivational Jar

### Your Motivational Jar

#### What You'll Need:

- A container (jar, box, envelope)
- Paper
- Scissors
- Decorating supplies (optional)



#### How To Make It:

1. Find a container you like
  2. Decorate the outside with things that make you happy (pictures, colours, words)
  3. Find or write down quotes that inspire you
  4. Cut the paper so each quote is on its own slip
- Fold each quote and place it in your container

#### How To Use It:

- Pull out one quote each morning to start your day with inspiration
- Whenever you feel sad or disappointed, take out a quote for a quick mood boost

#### Some Quotes To Get Started:

- "It's not what you are that is holding you back. It's what you think you are not."
- "I am the best me there is, so I will make today my day."
- "Every day may not be good, but there's something good in every day."
- "You are braver than you believe, stronger than you seem, and smarter than you think."

Your inspiration jar is like having encouragement and positive thoughts ready whenever you need them!

# Motivational Jar

Motivational quotes I have found:


## Board of Achievements



### What It Is:

A display area (bulletin board or large paper) where you collect proof of things you're proud of accomplishing.

### How To Make It:

1. Find a space on your wall for your board
2. Gather pins, tape, or other ways to attach items
3. Start collecting evidence of your achievements

### What To Include:

- Official achievements: Certificates, good marks, awards, badges
- Personal victories: Photos of something you made, tickets from an event you were brave enough to attend, a receipt from your first art supplies
- Big or small wins: Learning to cook a new meal, reading a challenging book, helping someone in need

### Why It Works:

- Seeing your achievements reminds you of what you can do
- Looking at the board brings back good memories and feelings
- It encourages you to try new things so you can add more to your collection
- It shows your growth and progress over time

Remember: YOU decide what counts as an achievement worth displaying. There are no rules about what belongs on your board! Be creative and celebrate the things that matter to you.

Since you have come to the end of the workbook, below is a certificate of achievement. You can print this out and it can be the first thing on your board of achievements. Well done!

# *Certificate of Achievement*

Awarded to:

Congratulations for successfully  
completing your self-esteem  
workbook.