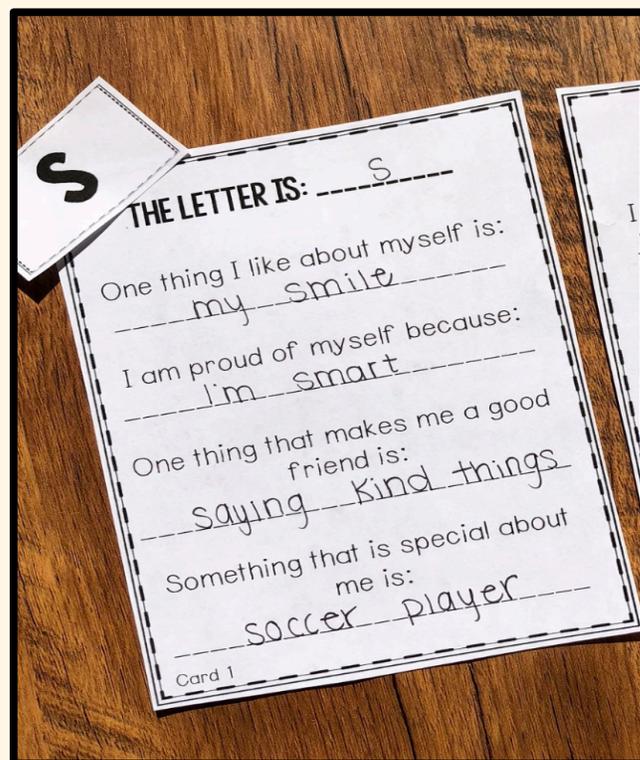


Self Esteem

GAMES



Created by:
CounselorChelsey

Thank You!

Thank you so much for purchasing this product! Please remember to leave feedback, as it helps you get credit toward future purchases and helps me to continue making high quality products.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

Terms Of Use:

You have purchased a single license of this resource. You may use this resource individually in your practice, classroom or school however you wish. However, re-distribution of this resource in anyway or use by anyone who is not the license holder, is a violation of copyright. If others are interested in this resource, please purchase an additional license or direct them to my Teachers Pay Teachers store.

Credits For Fonts and Graphics:

<https://www.teacherspayteachers.com/Store/Kimberly-Geswein-Fonts>

<https://www.teacherspayteachers.com/Store/Amanda-Pauley>

<https://www.teacherspayteachers.com/Store/Hello-Literacy>

<https://www.teacherspayteachers.com/Store/Graphics-From-The-Pond>

<https://www.teacherspayteachers.com/Store/Zip-a-dee-doo-dah-Designs>

Objectives:

- Students will explore positive aspects of themselves.
- Students will use positive self talk.

What's Included:

P. 4-5: Self-Esteem Letter Game: A letter from page 4 will be chosen by random draw. Students will then complete one card at a time from page 5. Their answers to the prompts must begin with the letter that was chosen. Once the cards have been completed, students can share their answers. Then, a new letter will be selected, and students will complete another card. This can be repeated until all 4 cards on the sheet are full.

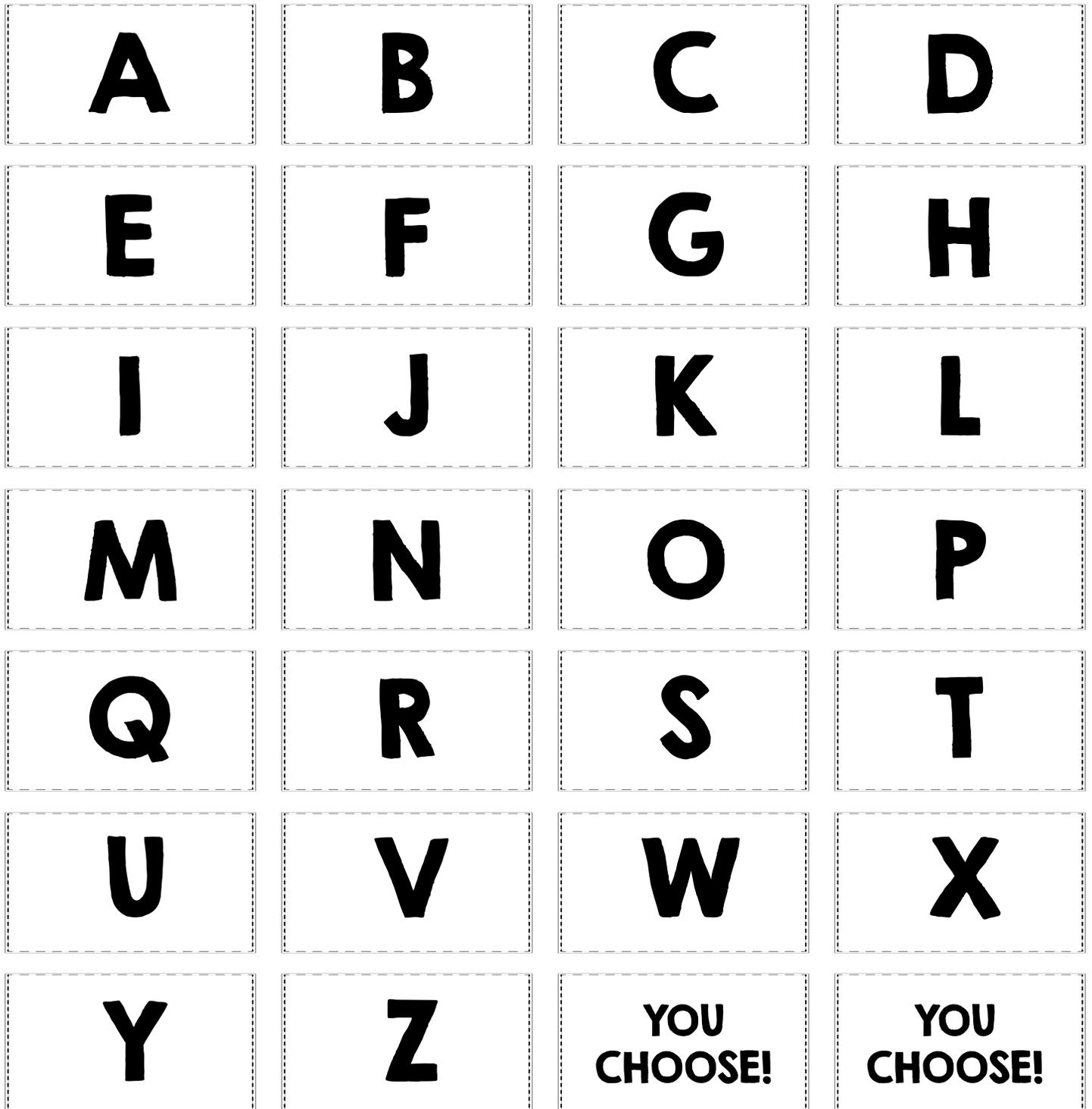
P. 6-7: Self-Esteem Dice Game: Cut out the outline of the dice from pages 6 and 7. Fold the dice, and glue or tape the flaps to create a cube. The square closest to the bottom is the bottom of the die, the one above that is the front, the one above that is the top and the one above that is the back. The squares on the sides are the sides of the dice. Players will roll each die. The player must answer the prompt that is facing up. Die one has a number that will go with the prompt on die two. EX: If a player rolls "Five" on die one, and then "word(s) to describe me is/are" on die two, he/she must say 5 words that describe himself/herself.

P. 8-12: Self-Esteem Board Game: Laminate the game board and game cards if desired. Cut out the cards, and create four piles – one for each color. Students will move through the game board by using the spinner and going to the next space of that color. The spinner can be used by placing a paperclip flat in the middle, and putting a pencil upright within the paperclip, in the white circle. Then, flick the paperclip until it lands on a space. If students land on a green or yellow space, they will need to follow the directions on that space. If students land on a blank space, they will draw a card of that color and answer the prompt. The first player to the "finish" spot wins!

Cut out the letters below. Place them in a bag or a bowl. Choose one letter from the bag/bowl. Students will complete one of the cards on page 5 by using answers that begin with the letter that was chosen.

Repeat 3 times, until the paper has been filled.

Teacher Tip: I have provided all of the letters, however you can take out the ones that might be too difficult for your students. For example, you may not want to use “x”, “q” “z” etc.



THE LETTER IS: _____

One thing I like about myself is:

I am proud of myself because:

One thing that makes me a good friend is:

Something that is special about me is:

Card 1

©CounselorChelsey

THE LETTER IS: _____

One positive thing I can tell myself is:

My favorite thing about how I look is:

I am:

One thing I am good at is:

Card 2

©CounselorChelsey

THE LETTER IS: _____

I am:

One positive thing I can tell myself is:

One thing I like about myself is:

Something that is special about me is:

Card 3

©CounselorChelsey

THE LETTER IS: _____

I am proud of myself because:

My favorite thing about how I look is:

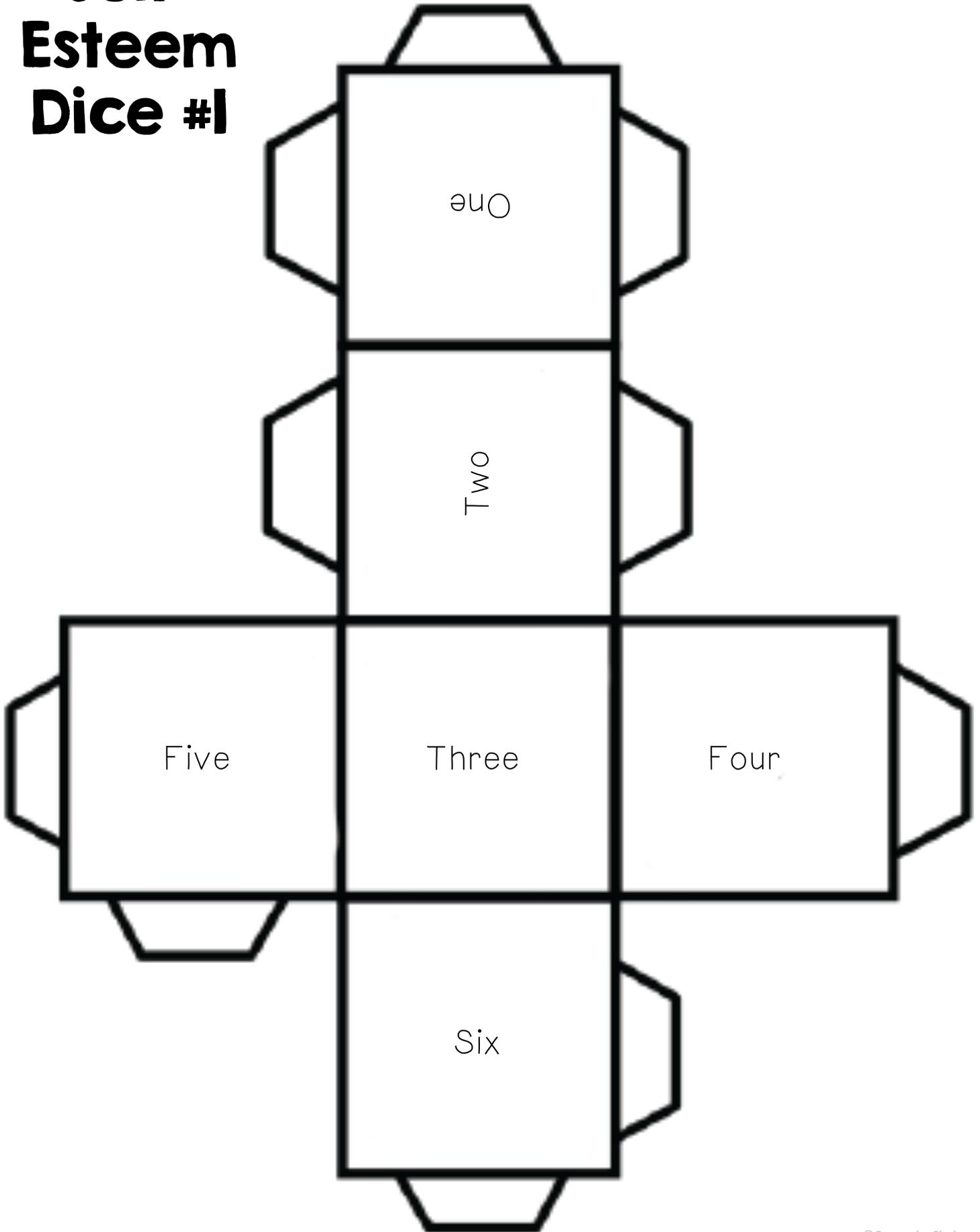
One thing that makes me a good friend is:

One thing I am good at is:

Card 4

©CounselorChelsey

Self-Esteem Dice #1



Self-Esteem Dice #2

Thing(s) I can do when I feel like I'm not good enough is/are...

Thing(s) I've done that I'm proud of is/are...

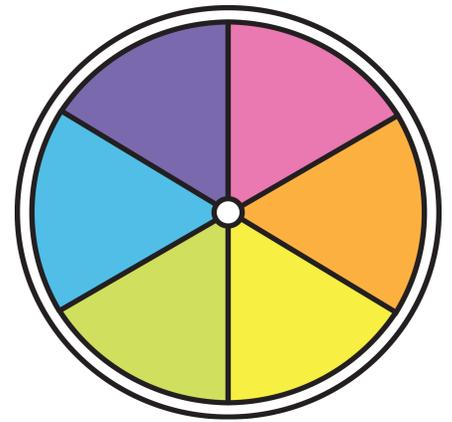
Thing(s) that make(s) me feel good about myself is/are...

Thing(s) that make(s) me unique is/are...

Thing(s) I can tell myself is/are....

Word(s) to describe me is/are...

Use the spinner to make your way through the game board while you celebrate all of the things that make you, YOU!



Each time you land on a space, draw a card of that color and answer the prompt.

START!		Move up 3	Move back 2			
				Move up 2		Move up 2
				Move back 4		Move back 3
Move back 2						
Move up 4		FINISH!				
			Move back 4	Move up 3		

All About **Me**

Something I like to do at home is...

All About **Me**

My favorite school subject is...

All About **Me**

When I am with my friends, I like to...

All About **Me**

When I grow up, I want to...

All About **Me**

My favorite food is...

All About **Me**

One thing I don't like to do is...

All About **Me**

Something that makes me happy is...

All About **Me**

If I could be any animal, I would be a...

All About **Me**

My favorite movie or TV show is...

All About **Me**

The music I like to listen to is...

All About **Me**

If I could go anywhere in the world, I would go to...

All About **Me**

My favorite holiday or celebration is...

I Like **Me**

My favorite thing about myself is...

I Like **Me**

My favorite thing about my personality is...

I Like **Me**

My favorite thing about how I look is...

I Like **Me**

My best school subject is...

I Like **Me**

I am glad that I am...

I Like **Me**

I am proud of myself because...

I Like **Me**

The best thing I have ever done is...

I Like **Me**

One thing I know how to do is...

I Like **Me**

I feel good about myself when...

I Like **Me**

3 positive words to describe me are...

I Like **Me**

If I won an award, it would be for...

I Like **Me**

One thing I am good at is...

I Am **Important**

I am important
to my family
because...

I Am **Important**

I am important
to my class
because...

I Am **Important**

I am important
to my school
because...

I Am **Important**

I am a good
friend
because I...

I Am **Important**

One thing that
is unique about
me is...

I Am **Important**

One thing I
can help
someone else
with is...

©CounselorChelsey

I Am **Important**

Someone who
loves me is...

I Am **Important**

I make the
world a better
place
because...

I Am **Important**

I make a
positive impact
on those
around me by...

I Am **Important**

I deserve to be
loved because...

I Am **Important**

The nicest thing
someone has
ever said to or
about me is...

I Am **Important**

I feel most
important
when...

Positive Self Talk

One positive thing I can tell myself when someone else is being mean to me is...

Positive Self Talk

One positive thing I can tell myself when I feel like I'm not good enough is...

Positive Self Talk

One positive thing I can tell myself when something is hard for me is...

Positive Self Talk

One positive thing I can tell myself when I feel like I don't look good enough is...

Positive Self Talk

One positive thing I can tell myself when I feel disappointed is...

Positive Self Talk

What is positive self talk?

©CounselorChelsey

Positive Self Talk

Name a time when it would have been helpful to use positive self talk.

Positive Self Talk

Why can it be hard to use positive self talk?

Positive Self Talk

Telling myself things that are positive can help because...

Positive Self Talk

One positive thing I can tell myself every day is...

Positive Self Talk

I can stop thinking negatively about myself by...

Positive Self Talk

What is a negative thought that you have about yourself? What is a positive thought that you can replace it with?