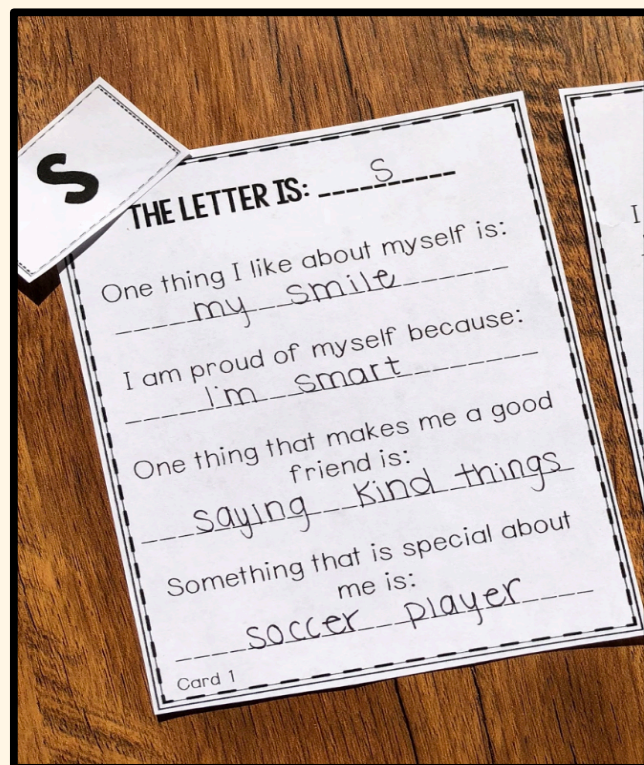


Self Esteem

GAMES



Created by:
CounselorChelsey

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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!

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Objectives:

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

What's Included:

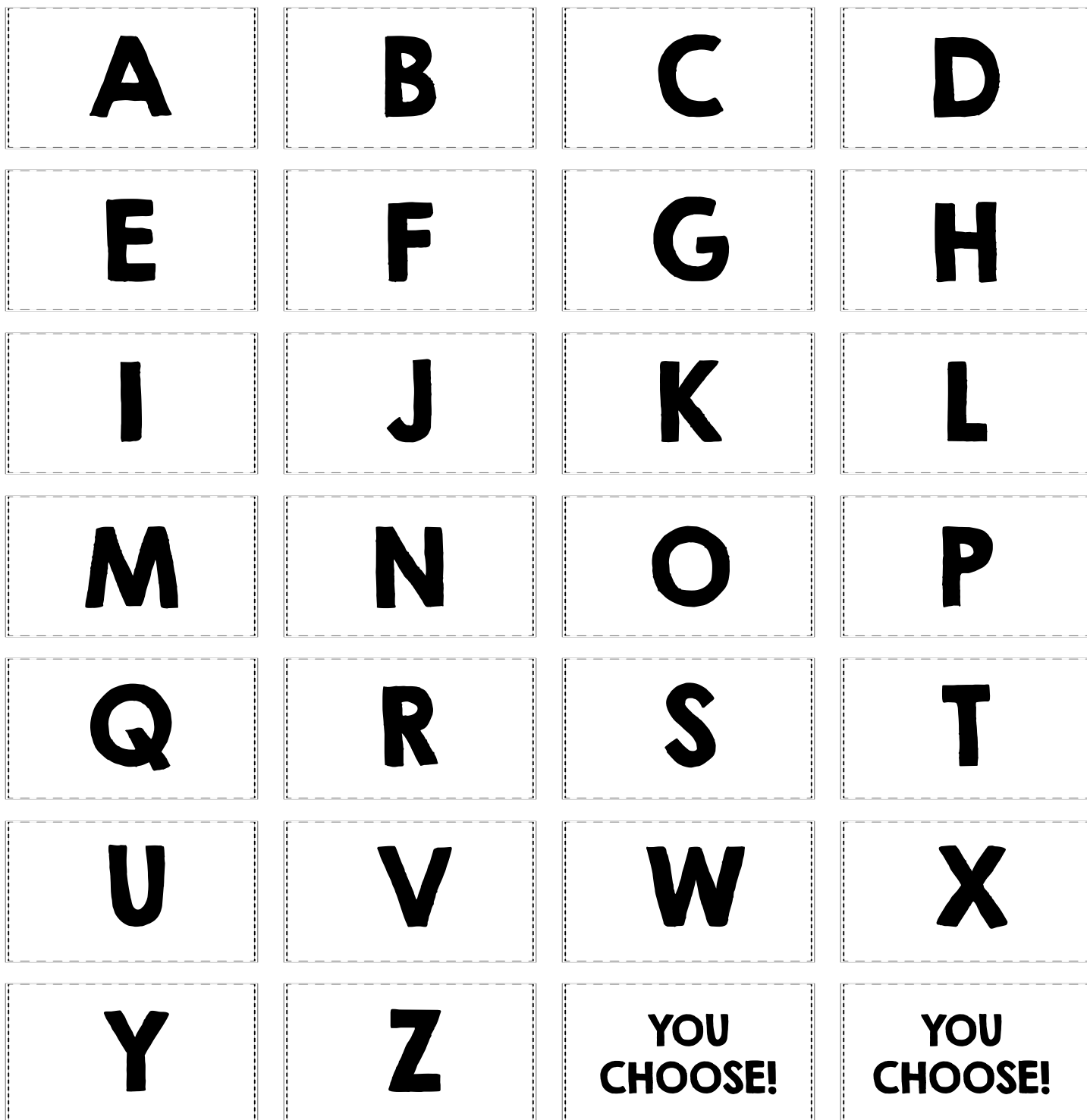
P. 4-5: Self-Esteem Letter Game: A letter from page 4 will be chosen by random draw. Students will then complete one card at a time from page 5. Their answers to the prompts must begin with the letter that was chosen. Once the cards have been completed, students can share their answers. Then, a new letter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

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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

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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

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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

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Self-Esteem Dice #1

One

Two

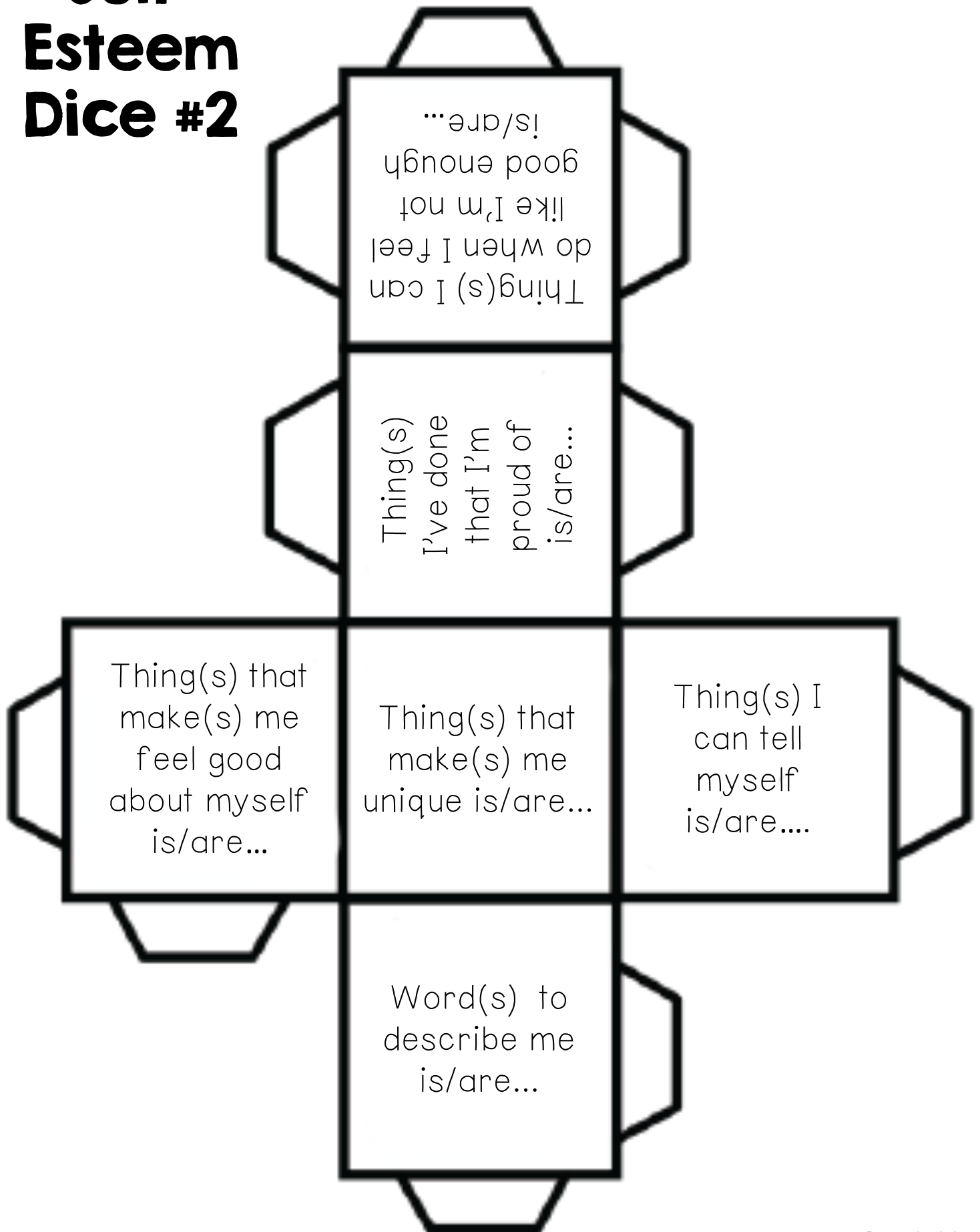
Five

Three

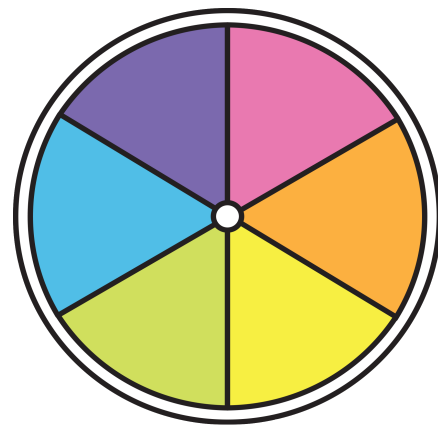
Four

Six

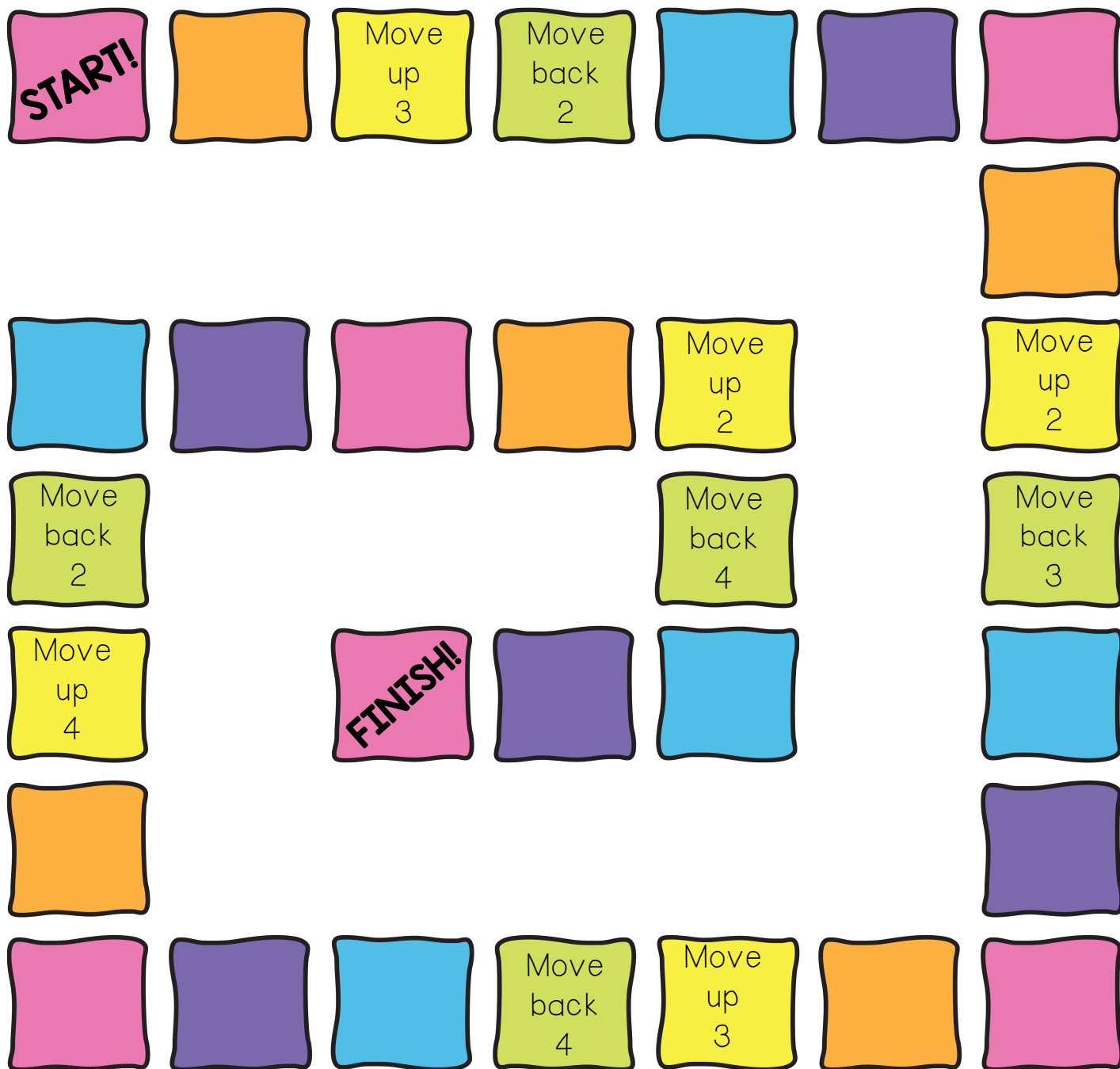
Self-Esteem Dice #2



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.



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...

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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?

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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?