

Use these 20 worksheets to help your students grow in confidence and build positive coping skills for low self esteem.



Perfect for...

- Self esteem lessons or small groups
- Supplementing other self esteem activities, books or videos
- Students who could benefit from being more confident in themselves

Name: _____

All About Self-Esteem

Self-esteem is how we view ourselves. Positive self-esteem means that we think good things about ourselves. We believe in ourselves and understand that we are important. Negative self-esteem means that we feel bad about who we are. We might feel hopeless or like we'll never be good enough. To better understand the difference between positive self-esteem and negative self-esteem, look at the sentences at the bottom of the page. Then, cut them out and paste them onto the correct side of the page.

Positive Self-Esteem	Negative Self-Esteem
Feeling like you are not as good as other people.	Standing up for yourself when people are mean.
Being proud of the things you've done.	Focusing on what you don't like about yourself.
Knowing that it's okay to make mistakes.	Being proud of the things that make you different.
	Being afraid to try new things.
	Giving up when something is hard.
	Thinking about the things that make you great.

INCLUDES 1 WORKSHEET TO INTRODUCE THE CONCEPT OF SELF ESTEEM

Students will look at 9 examples and decide whether they are examples of positive self-esteem or negative self-esteem.

Name: _____

What Makes Me Special

We are all different, and that makes us special! Sometimes, I am feel hard.

Name: _____

What I Think About Myself

The thoughts we have about ourselves are so important! What we think of we do and say, our effort and even our hard how you view yourself, look at the is true about yourself, color it green if it's not sure, color it yellow.

Name: _____

What I'm Good At

We are all good at different things. Look at each skill below and think about how good you are at each thing. Color in each box to show your answer. Then, circle the 3 things you are most proud of.

Name: _____

I AM...

Think about positive words that are in the word bank below. Then, finish the sentence.

A good friend
A hard worker
Brave
Caring

1. I am _____

2. I am _____

3. I am _____

Name: _____

I Am Unique!

You are unique! That means that no one is exactly like you...just like snowflakes, no two people are the same - we are all different. It can be hard to be different, but we need to remember that it's a good thing that we are unique. If we were all the same, our world would be boring!

1. I am unique because I like to do _____.

2. I am unique because I have _____.

3. I am unique because I am _____.

4. I am unique because I have _____.

5. I am unique because I like to do _____.

6. I am unique because I have _____.

7. I am unique because I am _____.

8. I am unique because I have _____.

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96. I am unique because I have _____.

97. I am unique because I like to do _____.

98. I am unique because I have _____.

99. I am unique because I am _____.

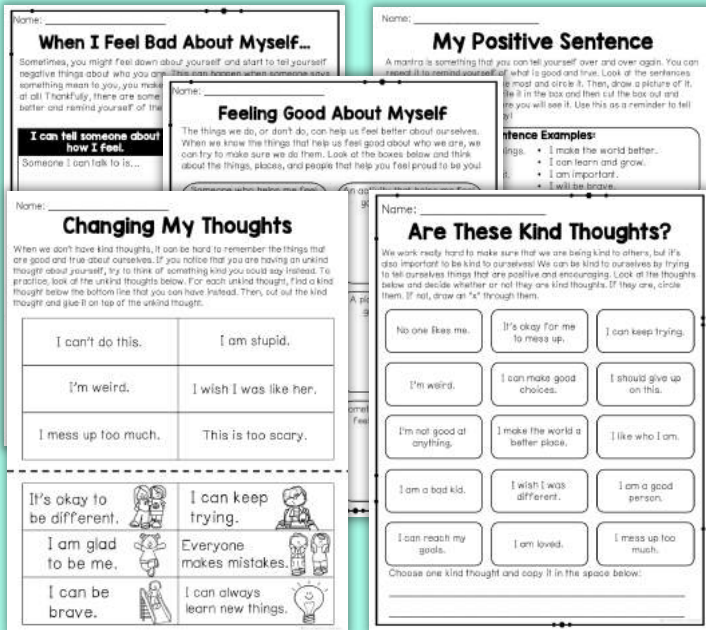
100. I am unique because I have _____.

INCLUDES 8 WORKSHEETS TO HELP STUDENTS CELEBRATE THEIR STRENGTHS

These 8 worksheets will help students reflect on the great things about themselves like their strengths, accomplishments and the things that make them unique.

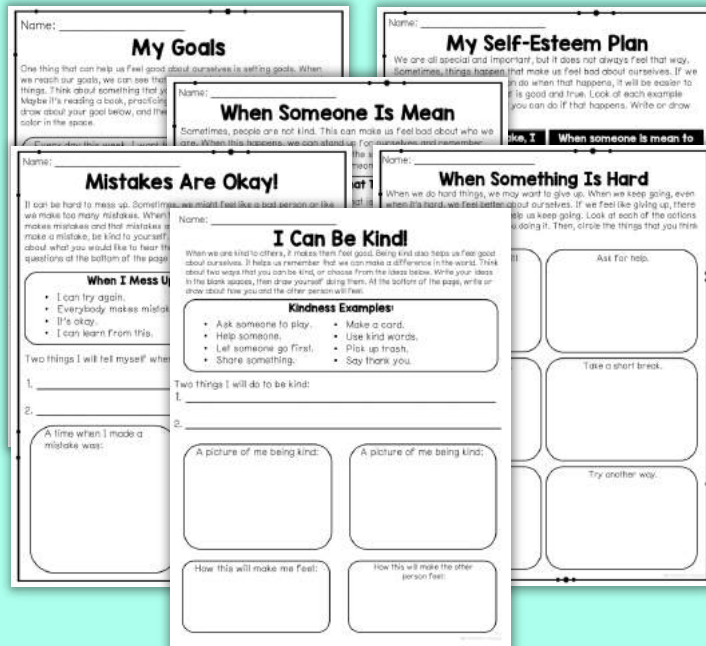
INCLUDES 5 WORKSHEETS TO HELP STUDENTS COPE WITH LOW SELF ESTEEM

These 5 worksheets will help students learn positive coping skills such as affirmations, positive self talk, and more!



INCLUDES 6 WORKSHEETS TO HELP STUDENTS BUILD POSITIVE SELF-ESTEEM

These 6 worksheets will help students build positive self-esteem by embracing mistakes, setting goals, showing kindness, and more!



Teaching About Self-Esteem? Bundle And Save!



These activities are part of a bundle of resources that will help your K-2 students build confidence, cope with low-self esteem, and use strategies like positive self-talk.

[See The Bundle Here!](#)