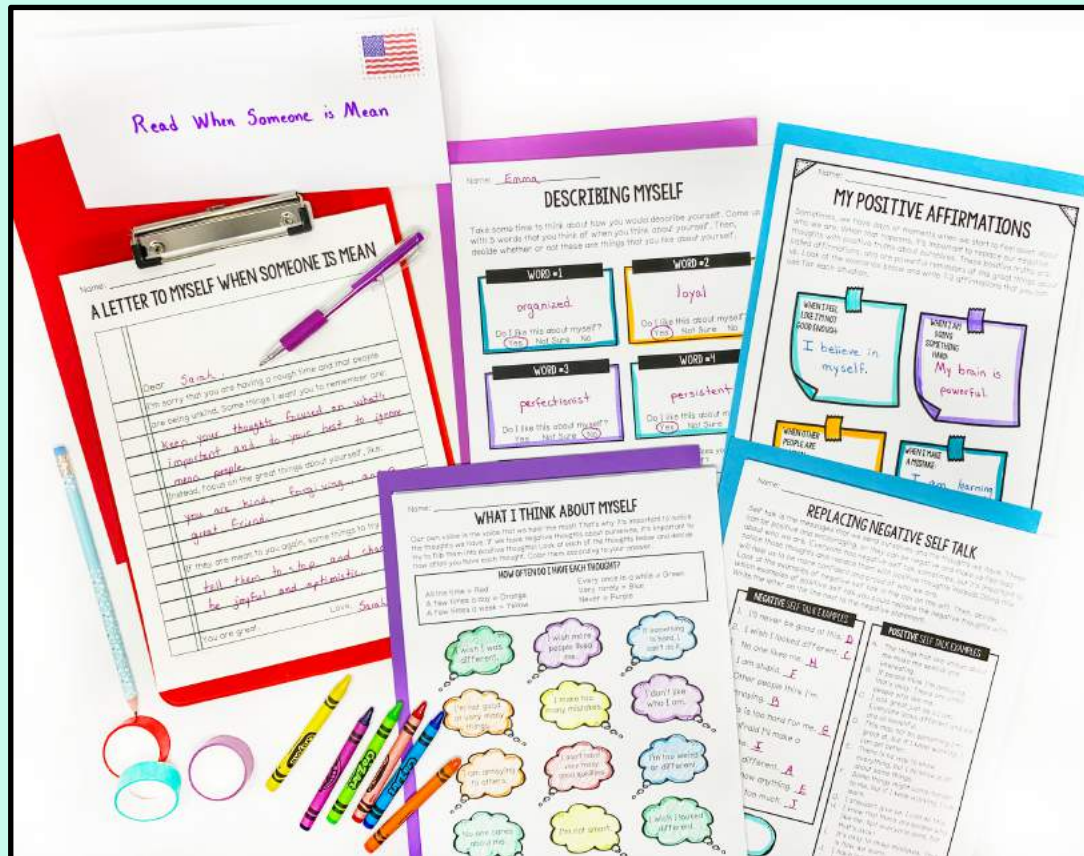


# Use these 20 worksheets to help your students grow in confidence and build positive coping skills for low self esteem.



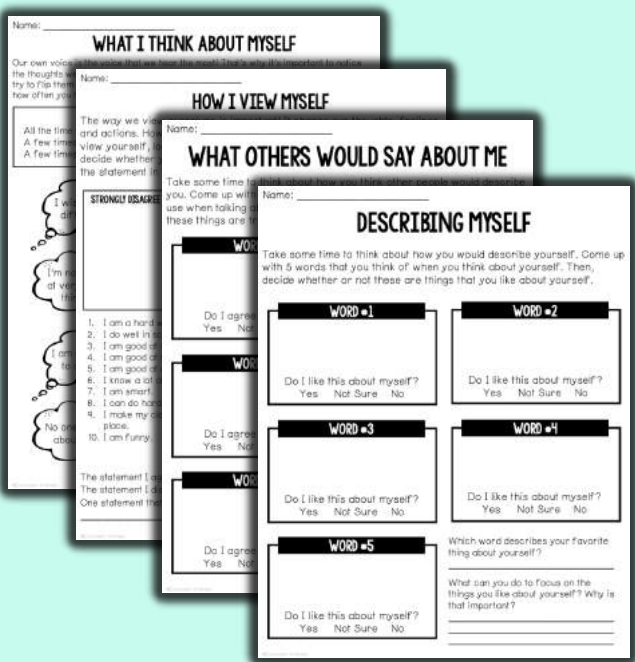
Perfect for...

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



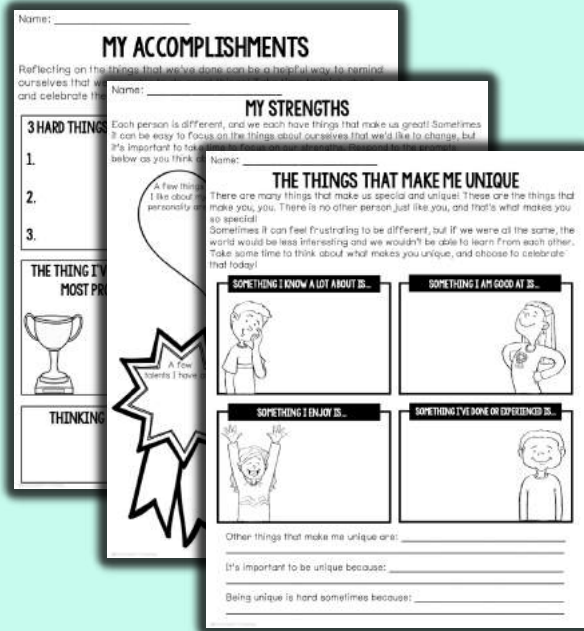
# INCLUDES 2 WORKSHEETS TO INTRODUCE THE CONCEPT OF SELF ESTEEM

These two worksheets will help students understand what the term self esteem means, as well as the difference between positive and negative self esteem.



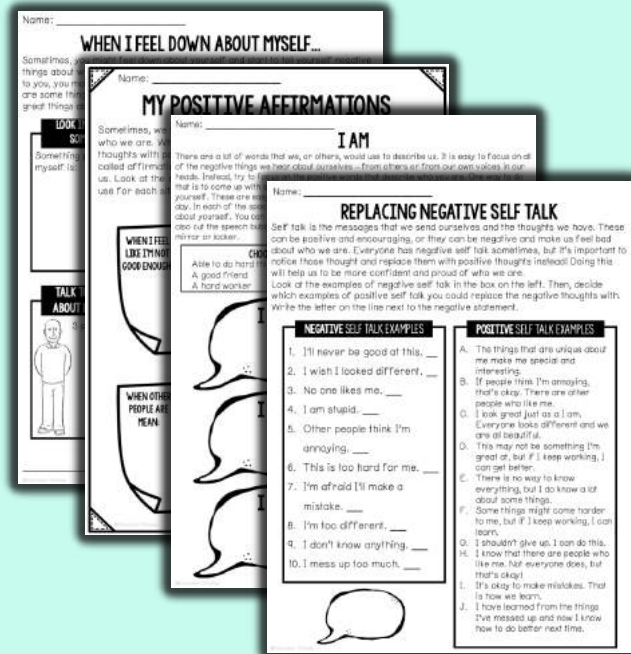
# INCLUDES 4 WORKSHEETS TO HELP STUDENTS IDENTIFY HOW THEY FEEL ABOUT THEMSELVES

Use these worksheets to help students identify how they view themselves and the things they believe about themselves. These are a great starting point for conversations about self esteem.



# INCLUDES 3 WORKSHEETS TO HELP STUDENTS IDENTIFY THEIR STRENGTHS

These 3 worksheets will help students reflect on the great things about themselves like their strengths, accomplishments and the things that make them unique.

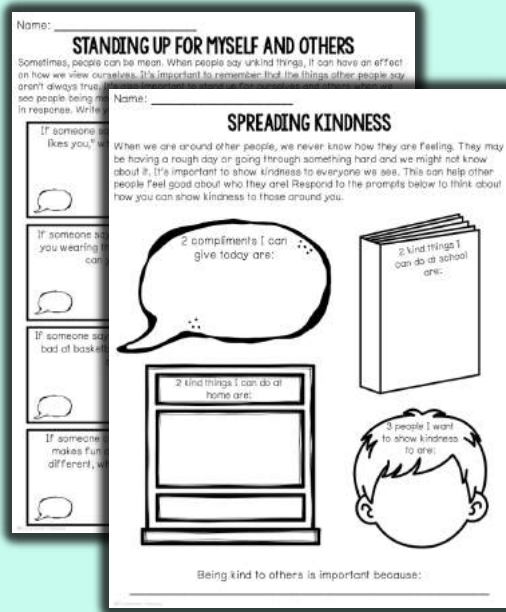


# INCLUDES 4 WORKSHEETS TO HELP STUDENTS COPE WITH LOW SELF ESTEEM

These 4 worksheets will help students learn positive coping skills such as affirmations, positive self talk, and more!

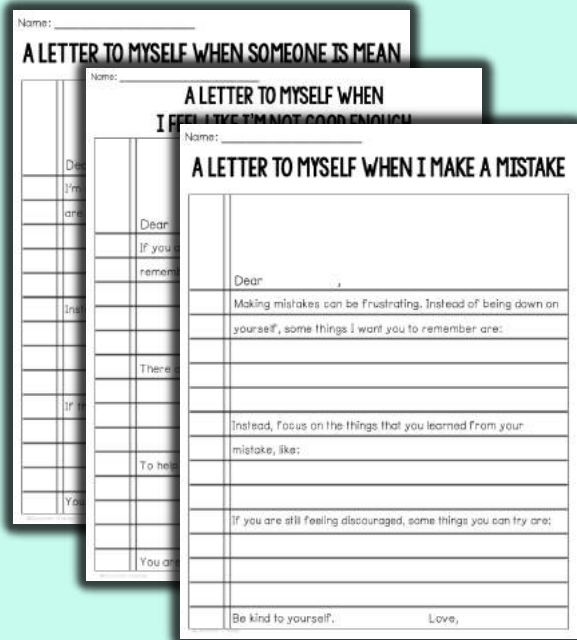
# INCLUDES 2 WORKSHEETS TO HELP STUDENTS ENCOURAGE POSITIVE SELF ESTEEM IN OTHERS.

Your students will consider how they can stand up for themselves and others as well as how they can use kindness to make others feel better.



# INCLUDES 5 "LETTER TO MYSELF" WORKSHEETS

Students will respond to the prompts on each letter as a way of encouraging their future selves. When they feel down about themselves for various reasons, they can open one of the letters and read the encouragement it offers.





# ALL WORKSHEETS ARE INCLUDED IN A GOOGLE SLIDES FORMAT

These self esteem worksheets are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons!

### HOW I VIEW MYSELF

The way we view ourselves is important! It shapes our thoughts, feelings and actions. How do you view yourself? To help you understand how you view yourself, look at the statements at the bottom of the page. Then, decide whether you agree or disagree with them. Write the number of the statement in the box that goes with your answer.

STRONGLY DISAGREE Type Here	DISAGREE Type Here	AGREE Type Here	STRONGLY AGREE Type Here
1. I am a hard worker.	8. I can do hard things.	15. I like who I am.	
2. I do well in school.	9. I make my classroom a better place.	16. I like how I look.	
3. I am good at sports.	10. I am funny.	17. I am proud of myself.	
4. I am good at music.	11. I am kind to others.	18. I like the things that make me different.	
5. I am good at art.	12. I get along well with others.	19. I am important.	
6. I know a lot about technology.	13. Other people like me.	20. I believe in myself.	
7. I am smart.	14. There are people who care about me.		

The statement I agree most with is: Type Here	The statement I disagree most with is: Type Here	One statement that I disagree with now, but would like to agree with is: Type Here
--	---	---

### MY POSITIVE AFFIRMATIONS

Sometimes, we have days or moments when we start to feel down about who we are. When that happens, it's important to replace our negative thoughts with positive truths about ourselves. These positive truths are called affirmations, and are powerful reminders of the great things about us. Look at the scenarios below and write 1-2 affirmations that you can use for each situation.

<b>WHEN I FEEL LIKE I'M NOT GOOD ENOUGH:</b> Type here	<b>WHEN I AM DOING SOMETHING HARD:</b> Type here
<b>WHEN OTHER PEOPLE ARE MEAN:</b> Type here	<b>WHEN I MAKE A MISTAKE:</b> Type here

# WHAT OTHER EDUCATORS ARE SAYING ABOUT THIS RESOURCE...

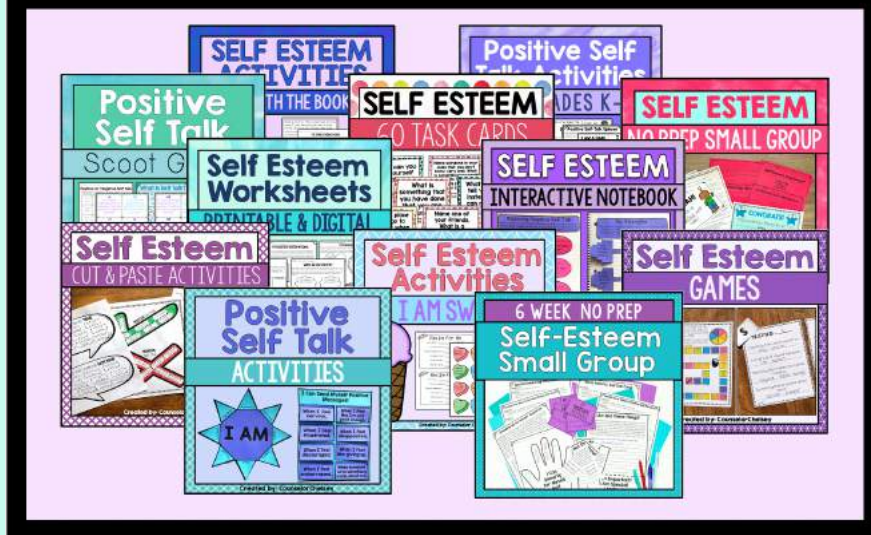
“Using this with a small group of students who are struggling with self worth and self confidence. It has been absolutely amazing!”  
– Heather A.

“So many of my students struggle with low self-esteem and this really provides the structure for addressing this.”  
– Judi D.

“I was having some students struggle with self confidence and this gave me a tool to open up conversations! Thank you!” – Bethany M.

# Teaching About Self-Esteem? Bundle And Save!

## Self Esteem & Positive Self Talk ACTIVITIES BUNDLE



These activities are part of a bundle of 12 resources that will help students build confidence, cope with low-self esteem, and use strategies like positive self-talk.

**See The Bundle Here!**