

About This Resource

Students Will:

- Think about their strengths and positive characteristics
- Consider ways to cope with low self-esteem

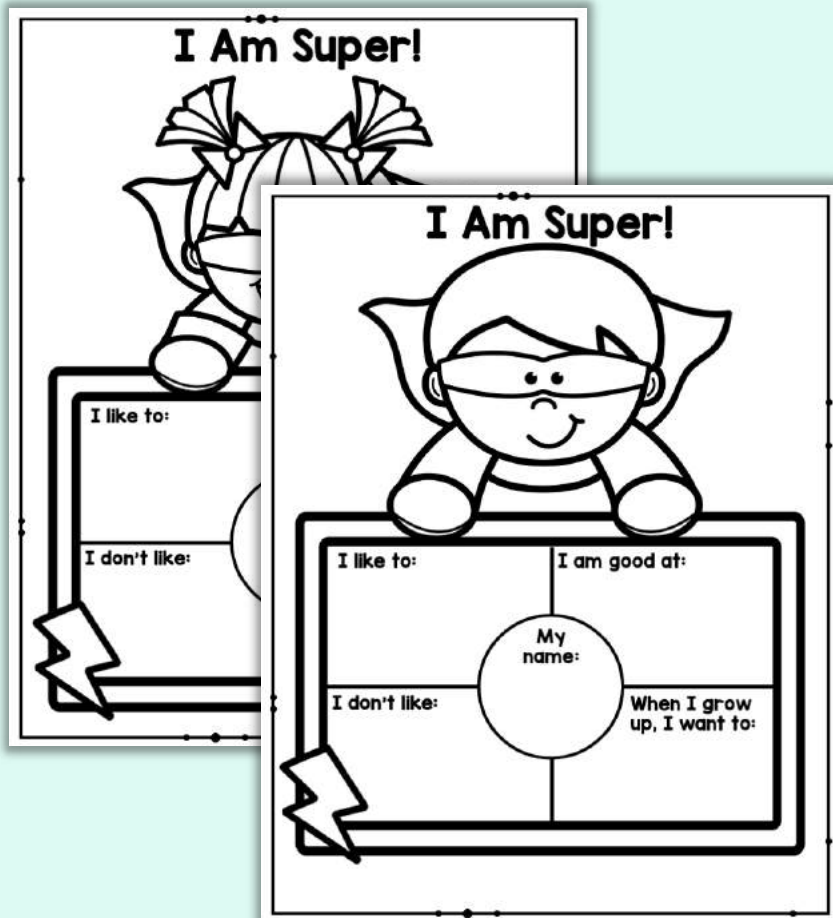
What's Included:

- The following 6 centers:
 - All About Me Worksheet
 - Describing Myself Sort
 - Self-Esteem Sentences Roll & Respond
 - Feeling Good About Myself Dice Game
 - Affirmation Bookmarks
 - My Self-Esteem Shield Cut And Paste
- Complete directions for a pre-lesson and for each center
- All materials come in color & BW

Keep scrolling to learn more!



Center #1: All About Me Worksheet



Students will choose one of the worksheets, and respond to the prompts on the page.

Center #2: Describing Myself Sort

Look at the words whether or not you describe you. The under the heading matches your answer.


| | | | |
|--|---|-----------------|---|
|  Strong |  | Creative |  |
| Smart |  | Helpful |  |
| Kind |  | Funny |  |
| A Good Friend |  | Special |  |
| A Hard Worker |  | Brave |  |


Students will look at the adjective cards and decide which ones describe them.


They will place the cards under the corresponding headings.


Center #3: Self-Esteem Sentences


Self-Esteem Sentences


 I am...

 I am not...

 I can...




 I want...

 I will...

 I have...




Self-Esteem Sentences

Roll a dice and then finish the sentence starter that matches the number you rolled.

Self-Esteem Sentences

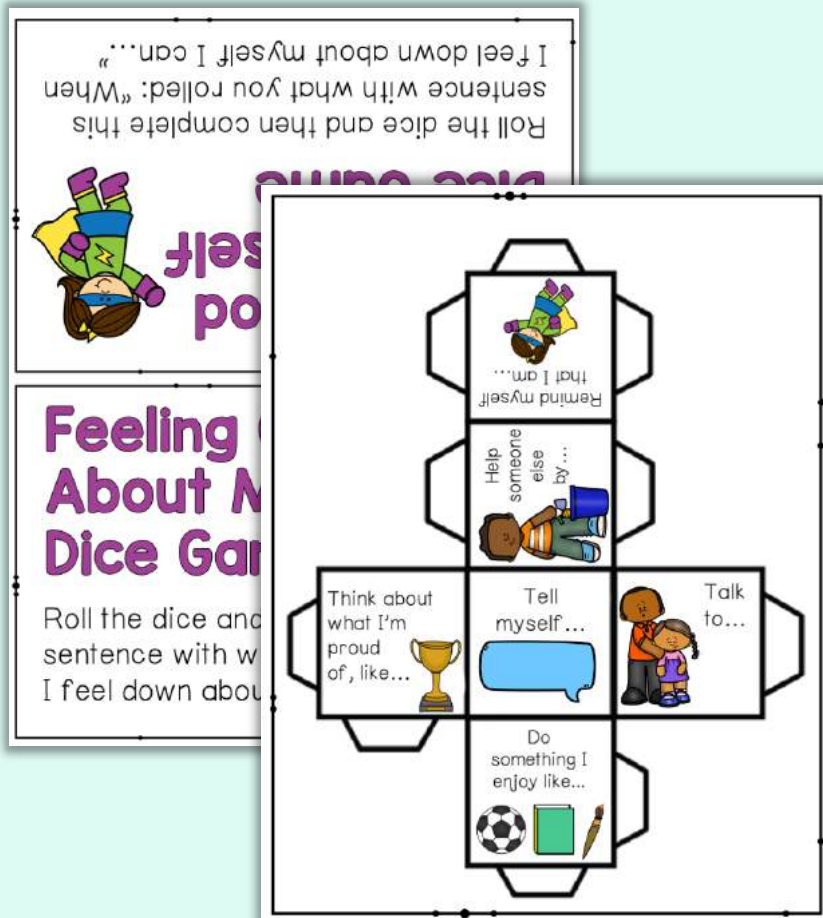
Roll a dice and then finish the sentence starter that matches the number you rolled.

Students will take turns rolling dice.

They will finish the sentence that corresponds with the number they rolled.

Center #4: Feeling Good About Myself Dice Game



Students will roll the dice and will add the prompt that they rolled to the end of the sentence "When I feel down about myself, I can..."

Then they will respond to the prompt.

Center #5: Affirmation Bookmarks



Students will choose one or more bookmarks to color and/or decorate.

They can keep the bookmarks, or give them out to encourage others.

Center #6: Affirmation Bookmarks

Name: _____

My Self-Esteem Shield

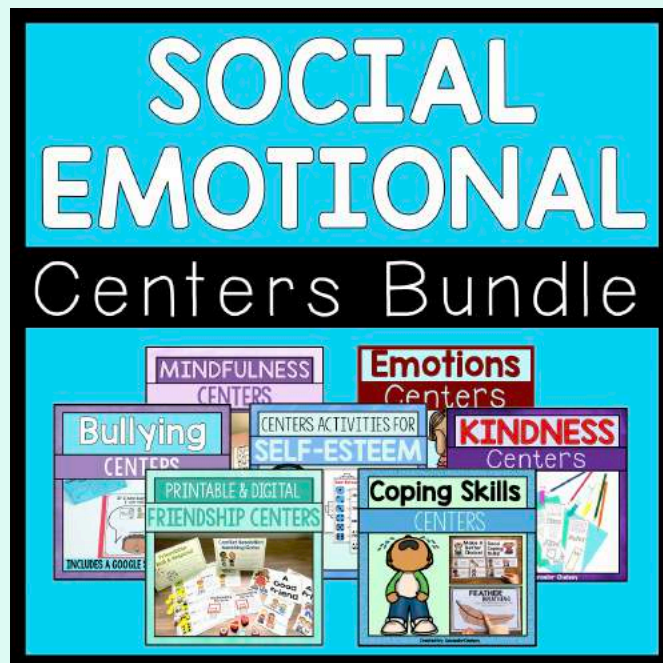
These things can help me feel better about myself!

| | | |
|---|---|---|
| Being with people who are kind  | Doing things I like to do  | Making something  |
| Trying new things  | Helping others  | Thinking about what I'm good at  |
| Doing hard things  | Saying kind things to myself  | Thinking about what I'm thankful for  |

Students will decorate their shield with ways that they can cope with low self-esteem.

They will choose some of the ideas provided to cut out and paste them onto their shield.

Love Using SEL Centers? Bundle & Save!



These centers are a part of a bundle that includes 7 SEL centers focused on mindfulness, emotions, coping skills, kindness and more!

[See The Bundle Here](#)