

# Why Use Task Cards?

- Task cards are low prep.
- Task cards provide prompts for students to engage in discussion with the instructor or other students about a specific topic.
- Task cards provide an opportunity to check how much your students understand about a specific topic. This can be done before or after a lesson.

## How To Use Task Cards

Task cards can be used for a variety of purposes. Here are some options for use:

- 1) Use in a small group by having each student choose and answer 1-2 cards per session.
- 2) Have students choose card(s) and record their answers using the answer sheets provided. These can be collected as an “exit ticket” to gauge understanding or collect data.
- 3) Use as part of a game. While playing a non-counseling game, have the students periodically choose and answer a card. For example, every time a player rolls a certain number, or plays a certain card, he/she has to choose and answer a task card.
- 4) Select a card and read it to students. Have them write their answer on individual white boards, and then discuss their answers.
- 5) Use as part of a journal or interactive notebook activity.

These cards can be used in individual, small group or classroom lessons.

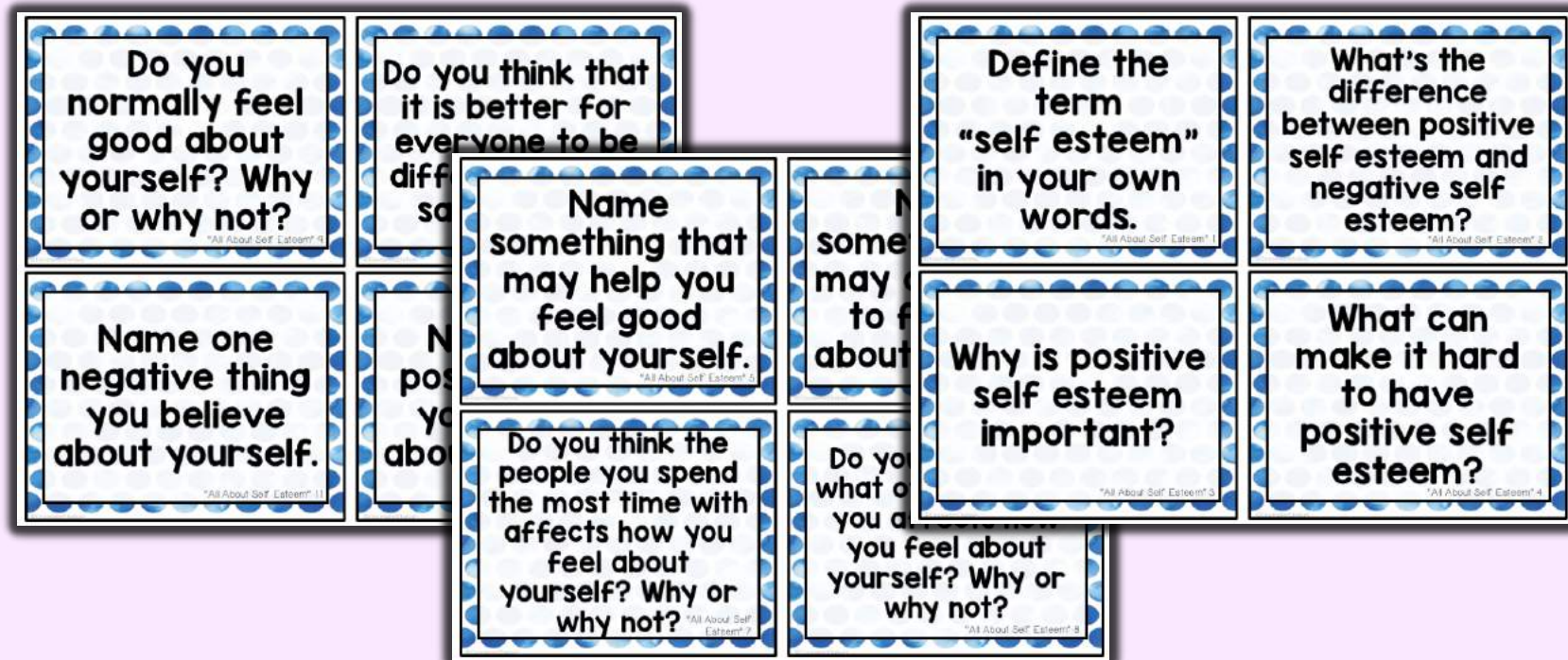
## How To Use Task Card Recording Sheets:

These response sheets can be used in various ways.

- 1) At the end of a lesson or session, have each student respond to 1-2 task cards and record their responses as an “exit ticket.”
- 2) Students can respond to 2-4 task cards, and then discuss their responses with the class or a partner.
- 3) Students can respond to 4+ task cards as a way to assess the students’ understanding of the topic.

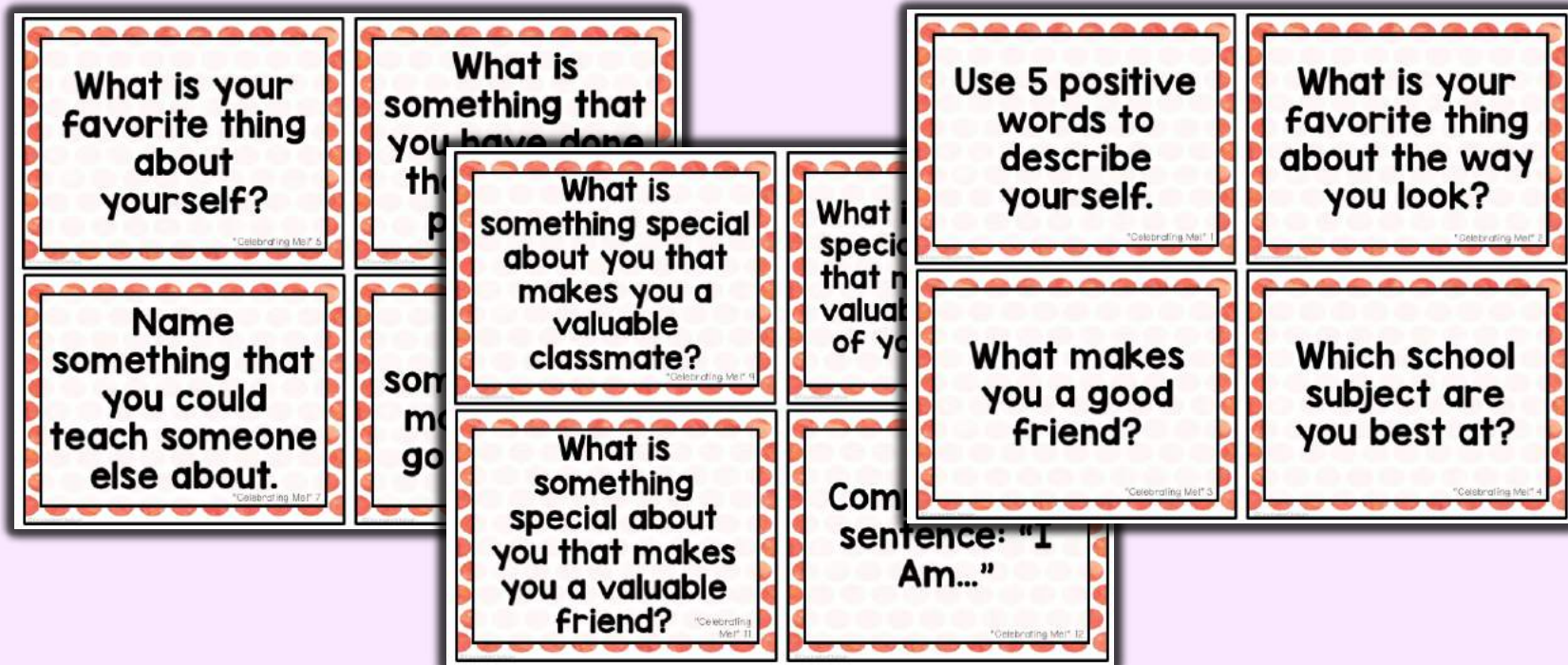
# 12 “ALL ABOUT SELF ESTEEM” TASK CARDS

Students will consider what self esteem is, why it is important, and will reflect on how they feel about themselves.



# 12 “CELEBRATING ME” TASK CARDS

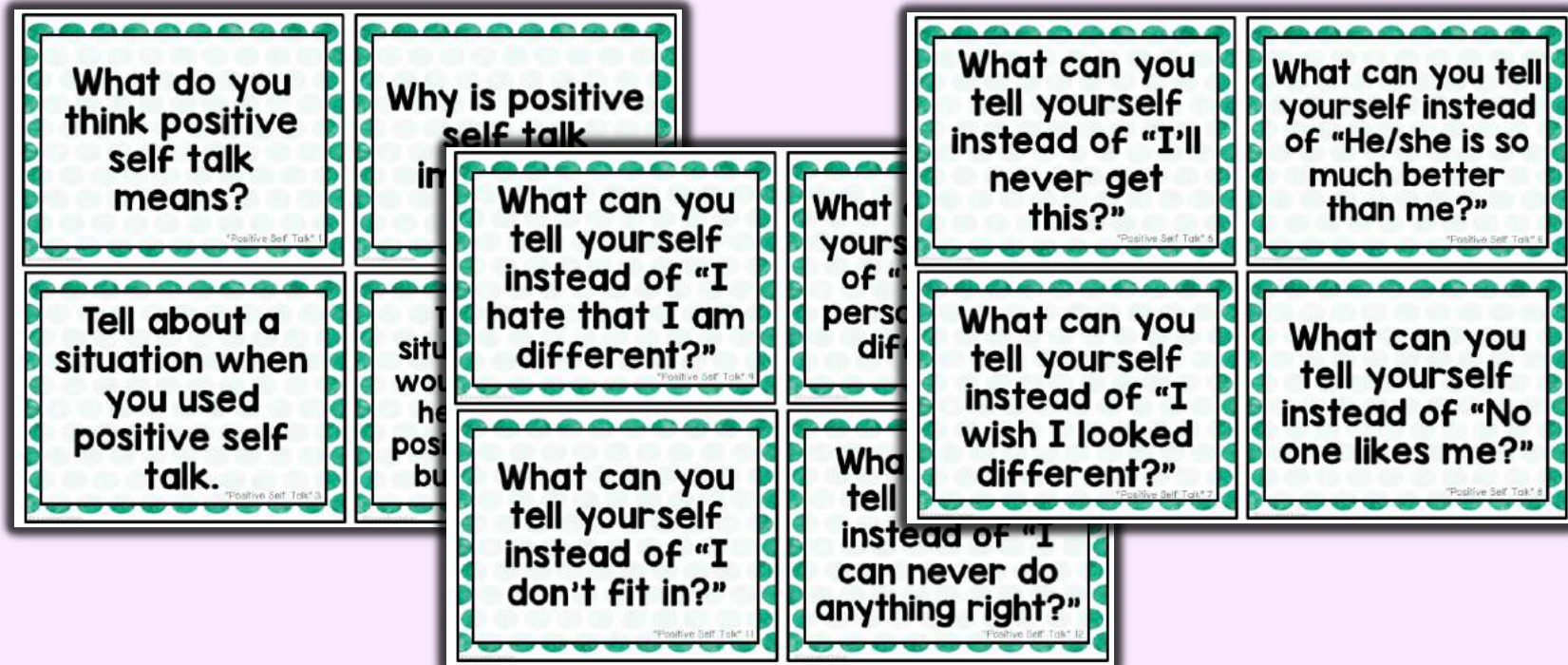
Students will reflect on their strengths, interests, and what makes them great!





# 12 “POSITIVE SELF-TALK” TASK CARDS

Students will discuss what positive self talk is and why it's important. They will also practice turning negative thoughts into positive self talk.



# 12 “WHEN I FEEL DOWN” TASK CARDS

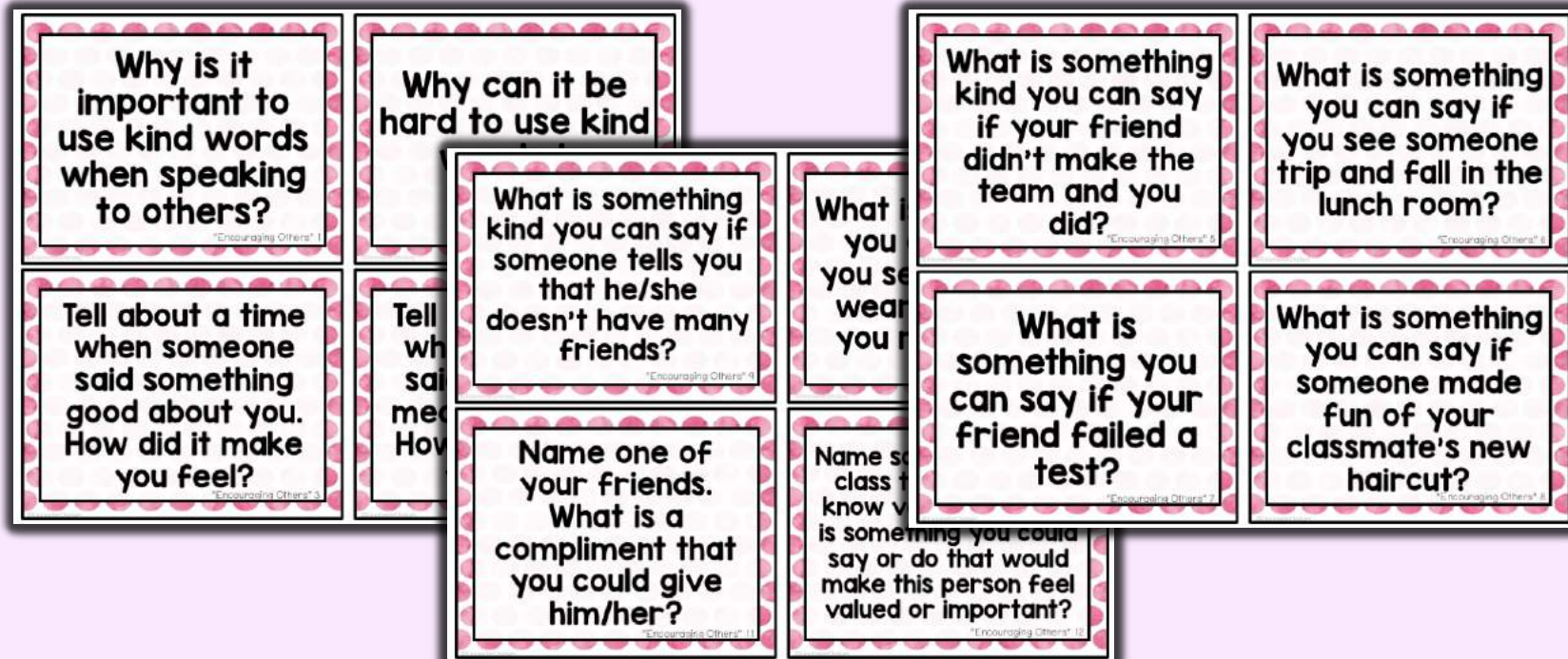
Students will consider coping skills they can use to handle low self esteem.





# 12 “ENCOURAGING OTHERS” TASK CARDS

Students will consider how they can use kindness and encouragement to build self esteem in others.



# 3 TASK CARD RESPONSE SHEETS

Students can record their responses to either 1, 2 or 4 task cards. These are great to use as exit tickets to gauge your students understanding!

The image displays three overlapping response sheets for task cards. Each sheet is designed for a student to record their answers to a specific number of task cards. The sheets are arranged in a staggered, overlapping manner.

- Top Sheet (4 cards):** Labeled "Choose four task cards and record your answers below." It features a header for "Name:" and a section for "Card #". Below this, there are two columns, each with a "Card:" field, an "Answer:" field, and three horizontal dashed lines for writing.
- Middle Sheet (2 cards):** Labeled "Choose two task cards and record your answers below." It features a header for "Name:" and a section for "Card #". Below this, there are two columns, each with a "Card:" field, an "Answer:" field, and three horizontal dashed lines for writing.
- Bottom Sheet (1 card):** Labeled "Choose two task cards and record your answers below." (Note: the label in the image appears to be a typo for 'one'). It features a header for "Name:" and a section for "Card #". Below this, there is one column with a "Card:" field, an "Answer:" field, and three horizontal dashed lines for writing.

# SAMPLE RESPONSES

The sample answers are designed to help give you and your students guidance if you aren't sure how to answer. All answers will vary.

## "When I Feel Down" Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

1. Use positive self talk to remind yourself of what is true about you.
2. Teacher, trusted friend, parents, counselor.
3. I can do something that I enjoy or something that I am good at.
4. I can remind myself that I don't have to be like everyone else.
5. I can go to my room and listen to music. I can go to the counselor.
6. I can write "I am good enough" and put it in my locker.
7. Answers will vary.
8. Reading books, talking to my friends, playing video games.
9. I can start a new video game. I can talk to someone that I trust.
10. "I don't have to be nervous. It's okay if this person doesn't like me, and that's okay."
11. Answers will vary.
12. Answers will vary.

## "Positive Self Talk" Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

1. Positive self talk is sending positive, encouraging messages to yourself.
2. Positive self talk is important because you can remind yourself of your strengths, and you can encourage yourself to do difficult things.
3. When I felt like giving up on my homework, I told myself that I shouldn't give up.
4. It would have been helpful to use positive self talk when I lost a game.
5. "I can keep trying and get better at this!"
6. "We all have different strengths. It's okay if someone is better at something than I am. I shouldn't give up."
7. "I look great the way I am!"
8. I can remind myself of the friends and family that I have.
9. "It's okay to be different. I have strengths that other people don't have."
10. "I am fine the way I am. I may not be like everyone else, but that's okay. I am good as I am."
11. "I am special in my own way, and I can find people who appreciate me for who I am."
12. "Sometimes I make mistakes, but mistakes are how I grow and get better at things."

## "All About Self Esteem" Task Card Sample Answers

Please note that these are simply sample answers that are designed to help give you an idea of how to answer. All answers will vary.

1. Self esteem is how you feel about yourself or how you see yourself.
2. Positive self esteem means that you see yourself in a positive light – you think highly of yourself. Negative self esteem means that you see yourself in a negative light – you don't think you are good enough.
3. When you see yourself in a positive light, you have the confidence you need to make good decisions.
4. Comparison and when others say negative things about you.
5. When I accomplish a new task. When someone says something nice about me.
6. When I compare myself to people who are smarter, prettier, or more popular than me.
7. Yes. If people are kind to you, and say positive things, you may think more highly of yourself.
8. Yes. It is easy to start believing the things that you hear over and over.
9. Answers will vary.
10. It is good for everyone to be different because we can learn from each other and we all have different strengths to bring to the table.
11. Answers will vary.
12. Answers will vary.



