

A compliment to myself... _____

"I do not judge myself or others"

A favourite memory of mine is when...

10 Things I Love About Myself:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

2 favours to do for myself today:

- 1) _____
- 2) _____

Describe your perfect holiday...

Something I'm looking forward to:

Read aloud to somebody

Check-in on a friend by text

Self-Esteem Check-Up

Rate from 0 to 10 how much you believe each statement. 0 means you do not believe it at all and 10 means you completely believe it.

1. I believe in myself.
2. I am just as valuable as other people.
3. I would rather be me than someone else.
4. I am proud of my accomplishments.
5. I feel good when I get compliments.
6. I can handle criticism.
7. I am good at solving problems.
8. I love trying new things.
9. I respect myself.
10. I like the way I look.
11. I love myself even when others reject me.
12. I know my positive qualities.
13. I focus on my successes and not my failures.
14. I'm not afraid to make mistakes.
15. I am happy to be me.

Total Score

Overall, how would you rate your self-esteem on the following scale:



In order to improve my overall total I could...

I'm the best in the world at...

I LOVE ME

Make yourself a priority once in a while.
It's not selfish.
It's necessary.

Name: _____

"At the end of the day, what matters most is how you see yourself."

My teacher thinks I'm great at... _____

"I have the power to create change"

"Confidence comes through action."

I LOVE ME

Make yourself a priority once in a while.
It's not selfish.
It's necessary.

Name: _____

"I feel beautiful, I am beautiful"
My family were really happy when I...

Compliment or thank your parent/carer

2 new things I learned recently are...

Watch your favourite film

Do a Joe Wicks Work-Out

Listen your favourite piece of music

Things that make me beautiful:

- _____
- _____
- _____
- _____
- _____

do more of what you love.

"I am whole, healthy, and strong"

Something that makes me unique is...

3 feelings I want to have today...

- _____
- _____
- _____

Beauty comes in all different forms. There are loads of ways to be beautiful, both on the inside or on the outside. When something about you is appealing to others, whether it's your looks, your intelligence, your personality, or your kindness, that's beautiful!

List some ways that you are beautiful, either on the inside or the outside.

2 things I value the most are...

Virtual High-5 a friend

Give a compliment to somebody

Share a happy event in your life

Listen to a podcast

Oracy Challenge

Stand up in front of the family/household and share a section of your work. Ask your parent/carer to sign in the box when you've completed this.

.....

"I am free to be myself"

Doodle Here!