



**BUILD YOUR  
SELF-ESTEEM**

# Rational

Low self esteem in childhood can be dire in adolescence and adulthood if left unaddressed. Low-self esteem can result in anxiety, loneliness, social isolation, depression, stress, impaired social relationships, impaired academic performance, and risk of drug or alcohol abuse.

For this reason, the purpose of this group is to increase self- esteem of students identified as having low-self esteem.

# Do you think you are powerful?



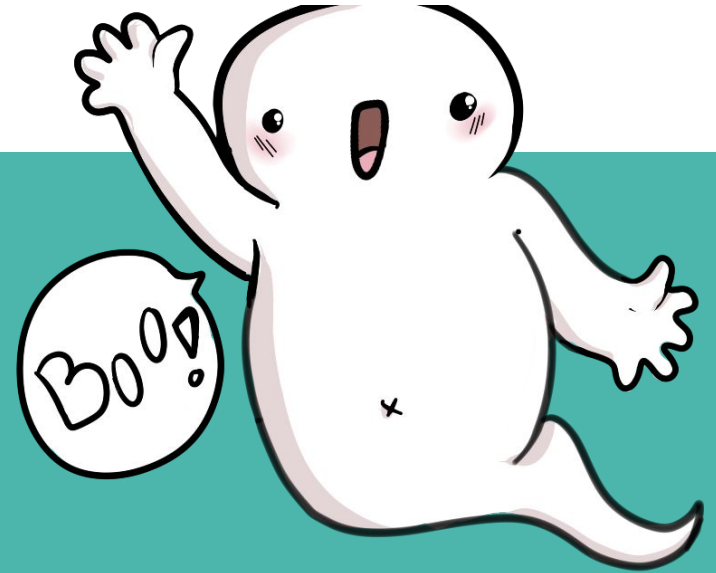
Students, drag the icon!



Pear Deck Interactive Slide  
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# Happy Halloween

Activity 1: name your ghost



# THE GHOSTS THAT HAUNT ME



↑  
FEAR OF  
BEING ALONE



↑  
FRUSTRATION  
(AT MYSELF)



↑  
PROCRASTINATION



↑  
GLUTTONY



↑  
LOW SELF  
ESTEEM



↑  
SELFISHNESS

by Chrissy  
Velveteen

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Not  
meeting  
the  
expectations



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# Draw your inner ghost and give it a name



Students, draw anywhere on this slide!

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## 6 Ways to Release the Inner Ghost



*1. Identify your negative*

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## 6 Ways to Release the Inner Ghost



*1. Identify your negative*

*2. Identify your positive*

---

## 6 Ways to Release the Inner Ghost



*1. Identify your negative*

*2. Identify your positive*

*3. Turn your negative into positive*

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*4. Build positive relationship*

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*5. Affirm your real worth and eliminate self-criticism*

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*6. Learn to accept compliments*

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# Activity 2:

## Understanding confidence

1. Think of a time when you don't feel as confident or when you are powerless.

Example: being in a new situation/environment

2. Think of a time when you feel good/proud of yourself.

3. What tone does your self-talk have for both situation? What physical sensation are you aware of?

4. What could I do that would help me feel differently? What positive statement could I say to myself to remind me of my power.

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situation  
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Breathing exercises  
It's okay not to be perfect

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Students, write your response!

# Activity 3: The Compliment project



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Wheel of name

<https://wheelofnames.com/5u3-tkq>

Example

You taught me  
how to laugh at  
myself in a  
good way.

You are so  
talented!

You are a loyal  
friend and I  
appreciate you.

You have a  
beautiful laugh  
and brighten the  
room!

You are  
enough.

I'm glad I met  
you.

You encouraged  
me to try  
something new.

You taught me  
to be happy  
with myself.

You are an  
amazing artist.  
Your drawings  
make me smile!

You are so kind  
to me.



Students, write your response!

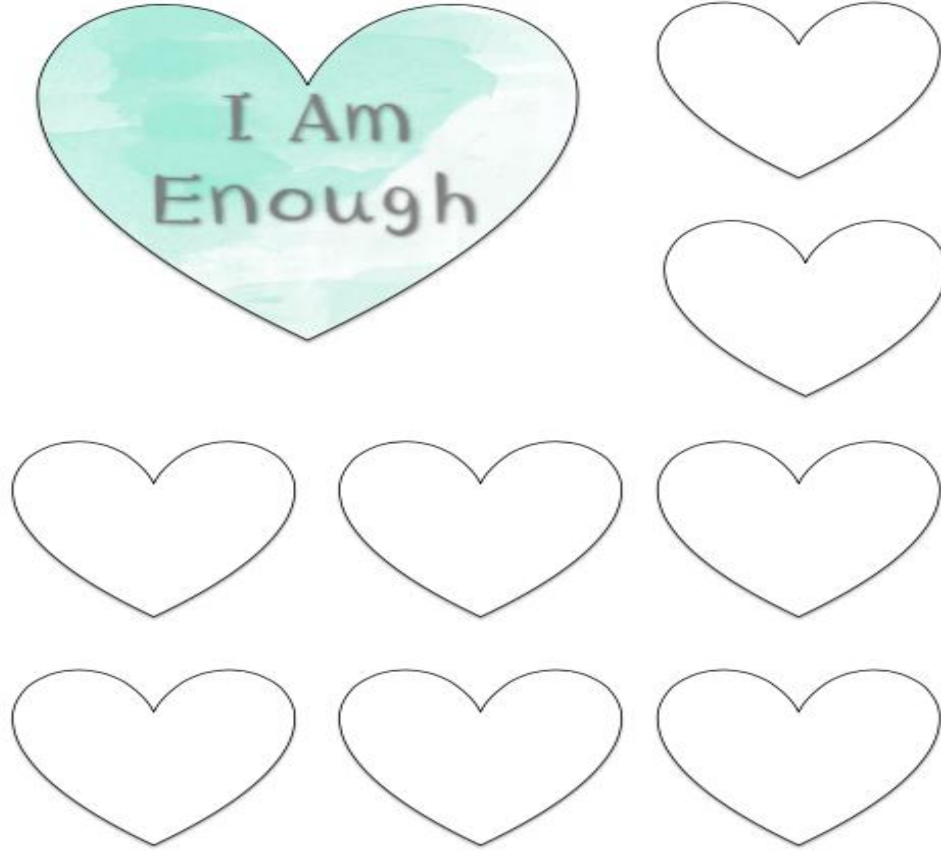
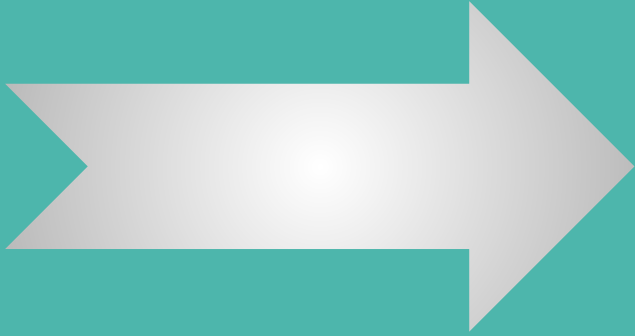
# The Compliment Project



DON'T FORGET TO WRITE THE  
PERSON'S NAME IN YOUR  
COMPLIMENT



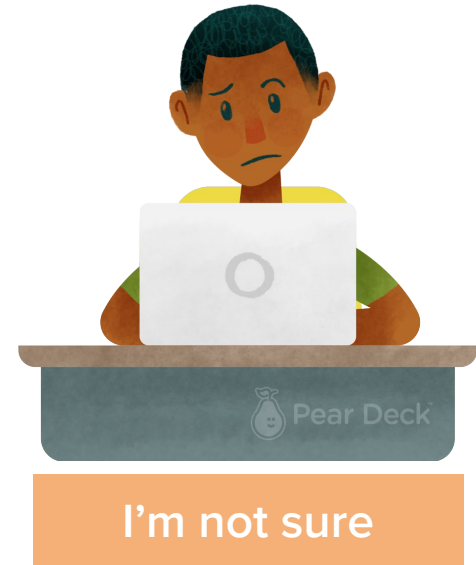
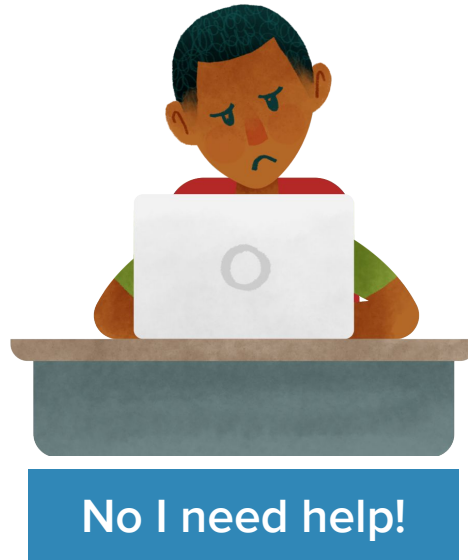
# Activity 4: “I am enough”



Students, draw anywhere on this slide!



# Do you think this presentation is helpful?



Students, drag the icon!

