

# Self-Esteem



# **Aim**

- **Can I discuss my self esteem?**

# **Success Criteria**

- I can explain what self-esteem is and where it comes from.
- I can talk about how self-esteem can affect us.
- I can think about how I can help others with their self-esteem.

# The Big Questions

**What is self-esteem?**

**How can I develop  
positive self-esteem?**

**How can self-esteem  
help me?**



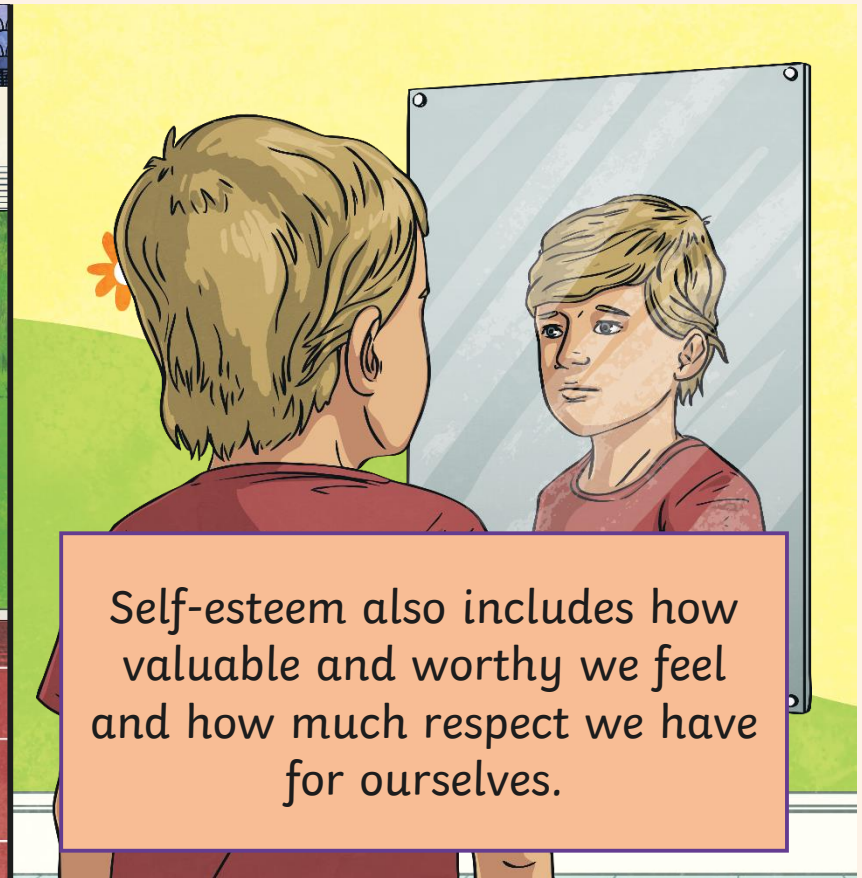


# What Is Self-Esteem?

Self-esteem is all to do with how we feel about ourselves.



It includes how confident we feel in who we are and what we can do.



Self-esteem also includes how valuable and worthy we feel and how much respect we have for ourselves.

# What Is Self-Esteem?

Self-esteem comes from within. It can change over time and even throughout the day.



Take a few moments now to just reflect on how you feel about yourself right now. What words, feelings or emotions come to mind?



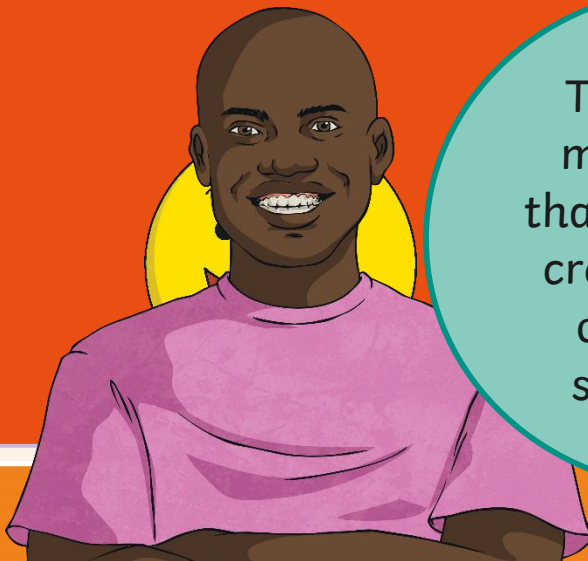
# Where Does Self-Esteem Come From?

Our self-esteem comes from the thoughts we have, our relationships with the people around us and the things we have experienced in our lives.

When we have positive self-esteem, we feel good about ourselves on the inside. We feel like we deserve for other people to show us kindness and respect and to have good things happen to us.

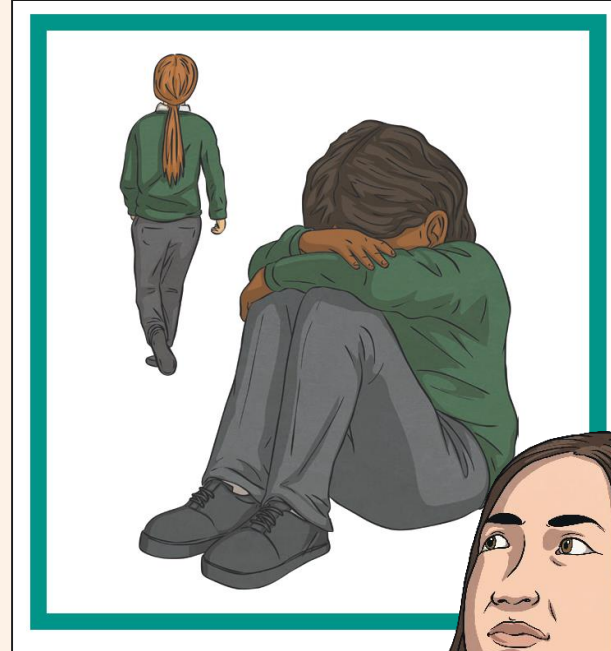
When we have negative and low self-esteem, we feel bad about ourselves on the inside. We don't feel good about ourselves or our abilities and we don't expect people to be kind or respectful towards us.

There are so many things that can help to create positive or negative self-esteem.



# Where Does Self-Esteem Come From?

Look at these pictures. How do you think the person in each picture is feeling?



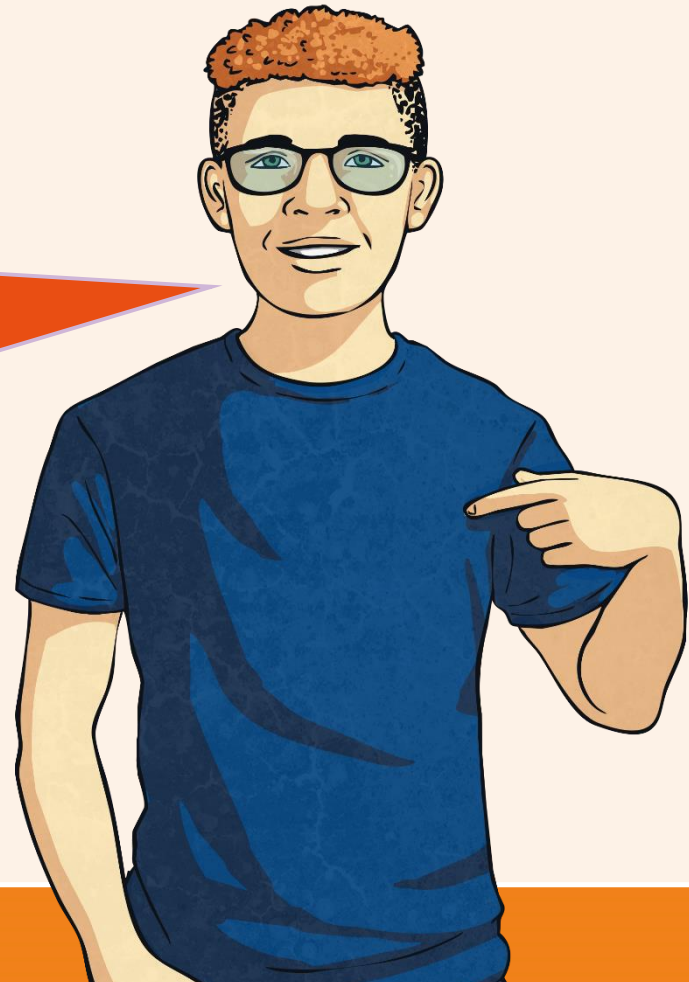


# How Does Self-Esteem Affect Us?

Whether our self-esteem is positive or negative, it can affect how we behave, the thoughts we have and how we get along with other people.

If we are feeling good about ourselves, we often display positive behaviour, think positive thoughts, feel positive emotions and get along well with others.

How might people behave towards others when they are feeling good about themselves?





# How Does Self-Esteem Affect Us?

Whether our self-esteem is positive or negative, it can affect how we behave, the thoughts we have and how we get along with other people.



If we are feeling bad about ourselves, we can behave in a disruptive way, think negative thoughts and feel uncomfortable emotions. It can mean we find it hard to get along with other people.

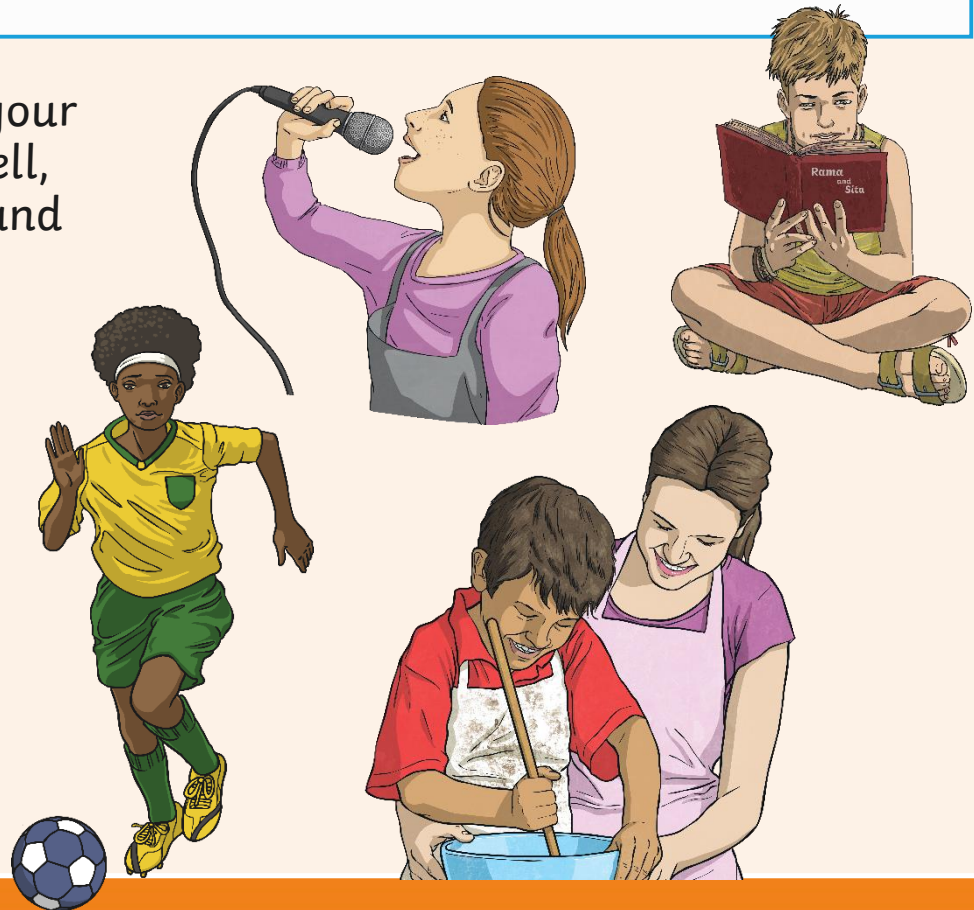
How might people behave towards others when they are feeling bad about themselves?

# Reflecting

Sit quietly for a moment and think about all of the things that you really like about yourself – all the amazing things that make you, you!

Think about your interests, your hobbies, what you can do well, people who are kind to you and what makes you happy.

**Enjoy the feelings that thinking about these things brings.**



# I Am an Amazing Person!

Read and complete the sentences below.

You can draw or write the answers.

