How High is My Self-Esteem?

In this activity, you are going to think about self-esteem. Self-esteem can be defined as how much a person values themselves and their abilities. It can also be defined as how worthwhile a person feels.

A person with high self-esteem might say, "I know I am a really good friend. I am loyal and caring. I listen to my friends and help them if they need me. I make them laugh and we have fun together." Since this is a strong belief, you would expect this person to have high self-esteem about being a good friend. On your garden, you would write this sentence on one of the tallest sunflowers.

Can you think of times or areas when you show high self-esteem going all the way down to areas where you might be lower in self-esteem? Write your examples on the sunflowers below, with your highest self-esteem idea on the tallest sunflower through to your lowest self-esteem idea on the shortest sunflower.

Now, try to think of any ideas or ways you could improve the areas where you are lower in self-esteem. For example:

"I don't think I am very good at handwriting."

I am going to raise my self-esteem by:

"I can ask for some extra handwriting sheets so that I can practise at home and make sure I am forming my letters properly. If I practise, I will feel more confident about my handwriting as I know I am doing all that I can."