

## OBJECTIVES

Students will:

1. review classroom guidance rules.
2. explore and define the notion of self-esteem.
3. create a piece of writing and a picture designed to boost their self-esteem.

## MATERIALS

The group will need the following:

1. newsprint and markers.
2. *I Like Myself!* (Karen Beaumont, 2004).
3. notecards, pencils, erasers.
4. blank paper suitable for a picture with words.

## PROCEDURES

1. Review classroom guidance rules established during the “Intro. to the School Counselor” session at the beginning of the school year.
2. Post newsprint where visible by all students. Write the word “self-esteem” at the top and have students generate definitions. Record their definitions of self-esteem, making sure students understand that self-esteem refers to how we *judge* ourselves in terms of self-worth. Discuss how people with low self-esteem have a negative view of themselves and often judge themselves too harshly, while people with positive self-esteem have a positive view of themselves and judge themselves realistically. Also, discuss how self-esteem can affect our happiness.
3. Read *I Like Myself!*
4. Pass out three notecards to each student and have them write one characteristic they like about themselves on each card.

5. Have students select their favorite characteristic that they like about themselves, and draw a picture of themselves showing that characteristic, and complete the writing stem, "I like myself because...."
6. If time allows, ask for volunteers to read their writing and share their pictures with their classmates, or suggest to the classroom teacher that these works can be displayed around the classroom or in the hallway.