

Level
B

Module Five | Self Esteem



Activity One

It's all about me

This activity is designed to facilitate students in giving positive messages to each other as well as learn some positive aspects about each other. The activity culminates with each student painting a self-portrait and attaching the positive comments made by the other students to their self-portrait.

Materials Required

- ✓ Sufficient photocopies of 'Student Worksheet - All About Me' for all students
- ✓ Pens, butchers paper, paints, paintbrushes

Step One

Sit down with all the students and explain that everyone is going to paint a portrait. First, they will need to obtain information from the other students to help them paint the portrait. Provide the handout sheet 'All About Me' to the students.

Step Two

Ask students to write their name on the top of the 'All About Me' worksheet. Have the students form two rows (A and B) side by side. Ask the students in row A to swap their handout sheet with the student opposite them in row B.

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Step Three

Ask question one on the teacher sheet handout. Student A is to record a response on Student B's paper about Student B and Student B is to record a response on Student A's handout about Student A.

Step Four

Upon completion of question 1, have students hand the papers back to each other so they now have their own worksheets. Ask the first student at the top of row A to stand up and re-join row A at the end of the row. Ask all students in row A to shuffle along one spot so they are now sitting opposite a new student in row B. Ask question two from the teacher handout. Once students have completed the question, have the student sitting at the top of row A stand up and re-join the row at the end of the row. Repeat this activity until all questions have been answered.

Step Five

Provide all students with a sheet of paper and some paints and paintbrushes. Ask the students to paint a picture of themselves at their favourite place. This might be at home, at the beach, or somewhere they haven't been but would love to go.

Step Six

Provide scissors and ask students to cut out their responses that were written down on the 'All About Me' worksheet and stick each of the comments on their own self-portraits. These can then be hung in the classroom or taken home.



Teacher Sheet Handout - All About Me

Ask the students to complete these questions on the handout sheet

1. My hair colour is?
2. I'm a good friend because?
3. My friends think I am really good at...
4. In my class, I am the shortest, tallest, about middle size height. Ask students to circle the answer which best describes the student.
5. I sit next to..... in class
6. At lunch, I sit at lunch with....
7. Two words to describe me are.....
8. What this class will remember me for this year is.....
9. My favourite subject at school is.....
10. If I could win an award at school, it would be for.....
11. If the students in the class had to choose an animal that would best represent me, they would choose.....
12. Of all the games we play at school, I'm the best at.....



Student Worksheet - All About Me

Ask the students to complete these questions on the handout sheet

1. My hair colour is

2. I'm a good friend because

3. My friends think I am really good at

4. In my class, I am the shortest, tallest , about middle size height

5. In class, I sit next to

6. At lunch I sit at lunch with

7. Two words to describe me are

8. What this class will remember me for this year is



9. My favourite subject at school is

10. If I could win an award at school, it would be for

11. If the students in the class had to choose an animal that I would best represent me, they would choose

12. Of all the games we play at school, I'm the best at

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Activity Two

Post it shirt

Students in this activity identify their strengths and skills as well as these features in other students. They record these on post it notes. The teacher verbalises the skills and positive attributes of each student in the class which reinforces positive messages to each student as well as increase each student's personal awareness of each other.

Materials Required

- ✓ Pad of post it notes for each student, pens

Step One

Provide each student with a pad of post it notes and a pen. Divide students into groups of 4/5. Give each group a number, i.e., group 1, group 2 etc.

Step Two

Give each group 5 minutes to write down on 3 separate post it notes 3 things they think they are good at. They can talk amongst themselves for this part of the activity.

Step Three

The students will now need to write down two comments on each student in their small group. Students need to write on the post it note: (1) something they really like about the student and (2) something that student does well. Each student then hands their completed post it notes to the relevant student in the group.

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Step Four

Have all the students sit together in a large circle and stick their post it notes on the front of their uniform. Ask Group 1 to come up to the front of the classroom with their post it notes stuck to their uniforms. Have the rest of the class turn around and face the back of the room. Inform the students that you are going to read out the comments written on the post it notes from each group and the students facing the back of the room have to guess the names of each of the students in the group.

Step Five

Read out the comments made on the post it notes from the first student in Group 1. The students facing the back of the room are not allowed to turn around to the front of the classroom until all the students in each group have been guessed by the students facing the back wall. Once this has been completed, have Group 1 sit down with the rest of the class, then call up Group 2 and repeat the activity.