



# SELF-ESTEEM

## 'PROUD TO BE ME!'

Self-esteem is how we see ourselves and how we feel about ourselves. Sometimes, we may feel really good about ourselves and proud of who we are and what we can do. Sometimes, we may feel not so good about ourselves.

This could be caused by lots of different things.

It could be because you have been at home for a long time and may not feel so confident about things.

It could be because you may compare yourself to other people.

It could be because someone has said something that has hurt your feelings.



For whatever reason, it is really important to keep remembering all the things that make you special and make you proud of yourself. This will help you to be happier and feel good.

Below are some activities which could help with this:

# Activity 1: 'Proud to Be Me' Quiz



Carry out the following quiz about yourself. Ask someone to read out the questions to you if you need to. You could write the questions on cards and take it in turns with other members of your household, like a game. If you can't think of an

answer, ask someone to tell you what they think. Positive answers only!!

- What are you really good at?
- Name something you have achieved that you are really proud of.
- Have you ever done something you didn't think you could do?
- Think of something you have done that has made someone else feel happy or proud of you?
- What do you like most about yourself?
- What can you do now that you couldn't when you were younger?
- What do you think other people like about you?
- What is the bravest thing you have done?
- What makes you feel good about yourself?

Maybe keep the answers so you can look at them if you are having a bad day, to remind yourself how great you are.

## Activity 2: 'Proud to Be Me' Collage

Make a collage of photographs, pictures, drawing or writing all about you. This could include positive photographs of yourself, family and friends who make you happy, things which make you feel good or things you like to do. You could get all your family and friends to join in to make the collage showing great things about you. You can put it up to make you feel good. You could also take it to school reviews to show others what you can do, what you like and how great you are. You could also have a copy made to put with your school profile.



You could use sensory items which you really like and make you feel good to add to your collages.



## Activity 3: 'Proud to Be Me' Positivity Box

You can make a box out of cardboard, decorate any small box, or use a box which you already have.

- Think of things that make you feel good about yourself, or that you are proud of. These can be things that family, friends or college have said. Write them down and put them into the box or get someone to do it for you.
- Choose items which make you feel good (for example, small trinkets, souvenirs, notes, quotes, pictures, photos) to store in these boxes. They can also include positive quotes which others have said about you.
- If you are having a bad day, look in your box to remind yourself how great you are!



And finally, did you know that June 15-20<sup>th</sup> June was Learning Disability Pride week?

We want you to be proud of who are, and what you can achieve **every day!**