

Resource 6 (Activity 4) Statements of Self Worth

Positive

I'm clever	I'm kind	I'm good at science	I can do anything I want to
I'm attractive	I look good in this	My friends value me	I'm useful
I'll pass	If I work hard I'll understand	It doesn't matter if I get it wrong	It doesn't matter if some people don't like me

Negative

I can't do maths	No one is interested in me	I look ugly	I'm stupid
I don't understand anything	This colour doesn't suit me	I never manage to finish anything	People don't want to be around me
I'm no use to anyone	I'll fail	I'll feel terrible if I get it wrong	I can't bear it when someone doesn't like me

Resource 7a (Activity 4) Self-Esteem Cards

A group of people goes quiet when you walk into a room.

You're told you have improved your end of unit science test mark again!

Your sister grabs the remote from you and is too strong for you to get it back from her.

Your mum shouts at you for not doing the washing up when you said that you would.

You really like your new haircut.

You weren't invited to the cinema.

You got dropped from the team.

It's raining.

It's a beautiful day.

You feel really tired.

You've had flu for almost a week and can't go out.

Your friend helped you out when you were stuck with your homework.

Resource 7b (Activity 4) Self-Esteem Cards

Your mum listened to you when you were upset.

You just had a great day on the beach with your friends.

Your dog always wants to sit next to you when you're watching TV.

Your work was put up on display.

Your friend talked to you about something that was getting him down.

You slipped and some people laughed at you.

No one wants to sit beside you.

Your Granny always buys your favourite cake for when you visit her.

Your dad says that he loves you.

You overhear your parent complaining about you to a friend.

You've been given a nickname that makes fun of how you look.

Everyone forgot your birthday.

Resource 7c (Activity 4) Self-Esteem Cards

Everyone is going on holiday except you.

Someone says you have a great smile.

Your name is in the local paper because you have done something special.

You are at the special assembly for your class leaving school.

Your younger brother/sister was allowed to do something you weren't allowed to do at his/her age.

You did something to please someone and they even didn't notice.

You were wrongly accused of something.

You hear someone making a sarcastic remark about you that you were obviously meant to hear.

Your favourite uncle gave you a big hug.

A teacher that usually complains about your work praises you highly.

Resource 8 (Activity 4)

A Day in the Life of Jo

Jo gets up and turns on the TV. His mum comes in and gives him a hug, then makes him some breakfast. His sister gets up and starts complaining that she wants to watch the other channel, but his mum says that Jo was there first and so it's only fair he gets to watch the end of his programme.

On the bus, his friend Mark has saved a seat next to him for Jo. He has to walk past another boy who makes a cruel comment to the person next to him about Jo being thin, and they start laughing together. He feels too awkward to say anything back as they are in the year above him.

At school, they have training for cross-country running and Jo gets chosen for the interschool competition. In the next class, he gets told off for talking too much and the teacher says that he is lazy. At lunch time he wanders around the corridors because he can't face it if no one wants him to be on their team for football. Most days he has people to hang out with, but when everyone is playing football he feels very left out. He decides to find a quiet place and get some revision done for a history test that afternoon. His popular class mate Susan finds him and asks if they can work together. Susan laughs a lot at his jokes and wants to sit with him that afternoon. The test goes well and he is praised for his good accent when speaking in the French class. Jim from his class asks where he was at lunchtime as he was looking for him. Jim confides in him about something he is upset about, but then puts on a brave face when they meet up with some others.

When he gets home he does his homework, then goes on the Playstation. His uncle in England sent him a game he'd wanted for ages for his birthday last week. His mum said that he'd rung her in advance to find out what he really wanted. He's coming to visit soon and always spends ages talking and going places with Jo and his sister.

His mum gets home from work, having picked up his sister from the child minder. She tells Jo off for leaving his stuff lying around the place and starts complaining that he never clears up after himself. Jo skulks off to his room then goes out on his bike for a while. When he gets back his mum says that she'd had a bad day at work and was sorry she'd shouted, and that she loves him.

Resource 9 (Activity 4) Self-Esteem Thermometer

