

The background features three overlapping, organic shapes. The outermost shape is a dark green arch. Inside it is a lighter green shape, and the innermost is a light pink shape. The text is centered over these shapes.

Turton's Be Kind To My
Mind Champions

Self-esteem

Welcome

Hello and welcome to the Self-esteem booklet created by Turton's Be Kind To My Mind Champions. We are a group in school who are passionate about supporting and promoting positive mental health for students. We have created some resources with pupils in mind and hope you find them helpful!



The BK TMM Team

For further support & information
please go to www.bekindtomymind.co.uk

What is Self-Esteem ?

Self-esteem is how a person feels about themselves.

Most young people will have dips in self-esteem as they go through different stages or challenges in life, and there are different pressures that may affect them.

Such as:

social media

bullying

exams

family problems

abuse.

Things like starting a new school, moving house or going through changes in the family can also affect your confidence

I matter

High vs Low Self-Esteem

High Self-Esteem can look like:

Have a positive image of themselves

Confident

Can make friends easily and are not anxious with new people

Can play in groups or on their own

Will try and solve problems on their own, but will ask for help if they need to

Can be proud of their achievements

Can admit mistakes and learn from them

Will try new things and adapt to change

Low Self-Esteem can look like:

Have a negative image of themselves - they might feel bad, ugly, unlikable or stupid

Lack confidence

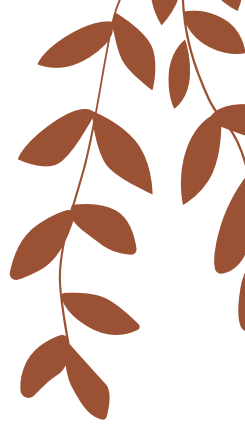
Find it hard to make and keep friendships, and may feel victimised by others
feel lonely and isolated

Tend to avoid new things and find change hard

Can't deal well with failure.

Tend to put themselves down and might say things like "I'm stupid" or "I can't do that"

TIPS FROM OTHER YOUNG PEOPLE





 “Know your limits” and don’t push yourself too hard.


 “Make an online board or blog of motivational quotes and images.”


 “Meditation, having a clear headspace.”

 “Keep a box or diary of achievements” and things you’re proud of.

 “Don't be afraid to unfollow accounts which make you feel bad about yourself, promote unhealthy ideas about food or don't create real images.”

 “Identify what’s unhelpful for you”, like tips that don’t work, or things that have a negative effect on your self-esteem or confidence.

 “Practice self-care” – take time for yourself, and do the things you need to do to look after your mental and physical health.

 “Think back in time to how we felt when we made similar mistakes when we were younger, and how little it affects us now, that might help us put everything in perspective.”



Self Esteem and Self Love Tips

- Meet your own needs well
- Make time for yourself
- Spending time without electronic devices
- Pour your heart out
- Get rid of negative thoughts
- Surround yourself with positive people



Self - Esteem Bingo

MASTER A NEW SKILL	LET NEGATIVE PEOPLE GO	STAND AT THE EDGE OF COMFORT ZONE	DO SOMETHING CREATIVE OFTEN	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME WELL	MAKE TIME FOR REST
EXERCISE OFTEN	CULTIVATE HOBBIES	<i>Free</i>	LIVE HUMBLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	REMIND YOURSELF YOU ARE ENOUGH	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG AND MAKE IT HAPPEN	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONAL	RECLAIM INTEGRITY

SELF-AWARENESS

ASSESSMENT

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

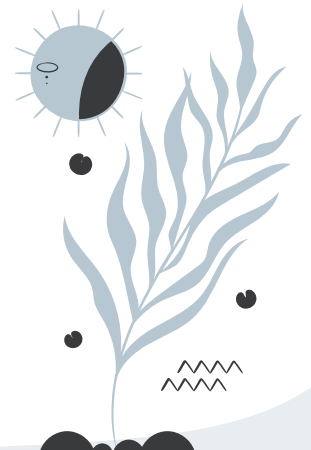


self reflections

Things that
keep grateful

Things that
keep me busy

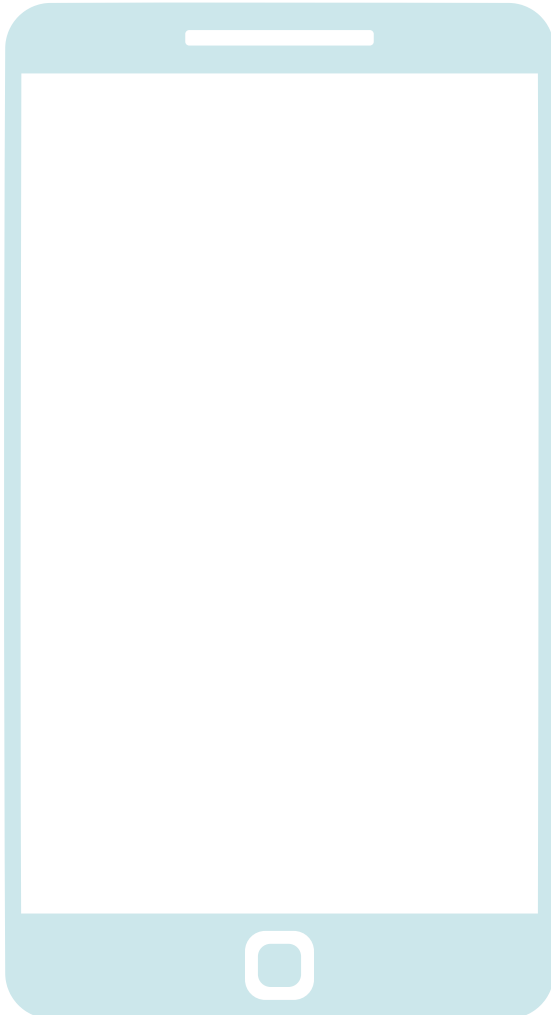
Things that I am missing



All About Me

Draw your selfie and complete about you

My Selfie



My name is _____

I am _____

I live in _____

My favorites

Food _____

Color _____

Subject _____

Activity _____

Animal _____

Season _____

Four words that describe me

1 _____

2 _____

3 _____

4 _____

Fun facts about me

A large empty rectangular box with a light blue border, intended for writing fun facts about oneself. The box is positioned below the 'Fun facts about me' header.

30-DAY CHALLENGE PLANNER

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

NOTES

SELF LOVE JOURNAL

DATE:

MONDAY

Three good things about me

TUESDAY

I felt good about myself when

WEDNESDAY

I showed myself compassion when

THURSDAY

Today I achieved

FRIDAY

Something I did for someone

SATURDAY

Things that went well today

SUNDAY

I am worthy of love because

WRITE A LETTER OF
APPRECIATION
TO YOURSELF



GOOD
JOB!!

well
done!

Mental health

Daily tracker

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?

Great Good Okay Not good Awful

My sleep last night was

Approx. hours _____

Get up time _____

Day to do list

- Brush teeth and wash face
- Get done work tasks
- Eat breakfast and lunch
- Open a window and get fresh air
- Time off screens
- Move my body or take a walk

Today I intend _____

Eye exercises

Cups of water

Evening to do list

- Read c20 pages of a book
- Meditate for 10 minutes
- Brush teeth and wash face
- Write to my journal
- Workout for 30 minutes
- Take a shower

How am I feeling this evening?

Great Good Okay Not good Awful

Am I satisfied with this day?

I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud
strong active love passion freedom happiness
optimism belief hope inspired courage interest
amusement gratitude delight relaxed calm confident
curious focused worthy thrilled self-respecting kind

Best Possible Self

Visualisation Exercise

What would your life look like in a perfect future? How would you spend your time? Who would be by your side? In this exercise, you will imagine your best possible self in a future where things have gone as well as possible, and you have accomplished all your goals.

Instructions

Write

On the following pages, you will imagine and describe your best possible self in three domains: personal, academic, and social.

Once completed, continue to step 2.

Visualise

For the next 2 weeks, spend 5 minutes visualising your best possible self each day. Focus on one domain per day, cycling through each of the domains throughout the week. Record your practice in the chart on the next.

To perform visualisation, picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

Tip: It's common to feel distracted during visualization. If you notice your mind wandering, that's okay. Simply return your thoughts to the exercise once you become aware.

MY VISUALISATION TRACKER

PERSONAL

S

M

T

W

T

F

S

Week 1

Week 2

ACADEMIC

S

M

T

W

T

F

S

Week 1

Week 2

SOCIAL

S

M

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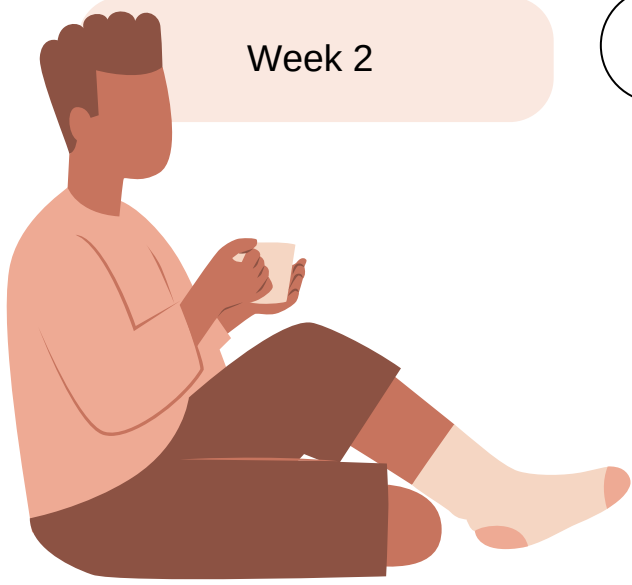
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Week 1


Week 2



Best Possible Self Personal Domain

Personal Domain: skills, hobbies, personality, health, accomplishments, etc.


 Imagine your best possible self in the personal domain for 1 minute.


 Write about your best possible self in the personal domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

A writing area consisting of a vertical red margin line on the left, followed by 20 horizontal blue lines. On the far left edge, there are 20 circular punch holes. In the bottom right corner, there is a decorative illustration of green, wavy grass or reeds.

Best Possible Self Academic Domain

Academic Domain: Lessons, strengths, grades, job prospects, etc.


 Imagine your best possible self in the academic domain for 1 minute.


 Write about your best possible self in the academic domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

A writing area consisting of 20 horizontal blue lines. A vertical red line is positioned on the left side, creating a margin. On the far left edge, there are 20 circular punch holes. In the bottom right corner, there is a decorative illustration of blue and green leaves.

Best Possible Self Social Domain

Social Domain: Friends, family, events, activities/clubs, etc.

 Imagine your best possible self in the social domain for 1 minute.

 Write about your best possible self in the social domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

A writing area consisting of 20 horizontal blue lines. A vertical red line is positioned on the left side, creating a margin. On the far left edge, there are 20 circular punch holes. In the bottom right corner, there is a decorative illustration of purple coral.

Brain Dump

