

## Self-esteem – being kind to yourself

**Aim:** To improve the group's self-esteem by encouraging them to be nice to themselves

**Learning Outcomes:**

By the end of the session the participants will:

- Have thought about ways to look after yourself
- Created a plan for a week of being kind to yourself

**Group size:** 6 – 8 young people

**Time:** 45 minutes

**Venue:** small group room or quiet corner

**Materials:**

- Flipchart and marker pens
- Kindness calendars and biros

Time	What	With
5 mins	Introduce the session and what you'll be doing	
10 mins	<p>Ask the group what they think self-esteem is and how we make sure we have it. Discuss for a while, but ensure that the following is covered:</p> <ul style="list-style-type: none"> <li>• Self-esteem is how we feel about ourselves and our self-worth. It is also about how much we like ourselves</li> <li>• Good self-esteem is important to good mental health and happiness.</li> <li>• We get our self-esteem in lots of different ways (for example, having good relationships, people liking us, achieving goals) but we also get it from how we treat ourselves.</li> </ul>	
10 mins	<p>Ask the group to list the sorts of things we can do for ourselves, to show ourselves that we value ourselves. These don't have to be expensive things, just things that make ourselves feel good.</p> <p>Write up on a piece of flip-chart the sorts of things the group come up with. The list could include:</p> <ul style="list-style-type: none"> <li>• Cooking yourself a favourite food</li> <li>• Giving yourself a manicure, pedicure or facial</li> <li>• Making time for a coffee and chat with a good friend</li> <li>• Volunteer time for someone / something else</li> <li>• Help someone out with something</li> <li>• Have a cup of proper hot chocolate</li> <li>• Having a long scented bath</li> <li>• Setting aside an hour to read a favourite book</li> <li>• Binge watching your favourite TV programme</li> <li>• Having an extra hours lie-in in the morning</li> <li>• Going for a walk</li> <li>• Start a diary saying all the things you achieve each day</li> <li>• Eat a healthy meal</li> <li>• Give yourself a foot or head</li> </ul>	

Time	What	With
	<ul style="list-style-type: none"> <li>• Sing along to a favourite song or two</li> <li>• Spend time with a pet</li> <li>• Start a gentle exercise routine you can do at home</li> <li>• Finally do something you've been putting off and then reward yourself for it</li> <li>• Give yourself a compliment and say it out loud 3 times</li> <li>• Go to bed an hour earlier</li> <li>• Arrange to meet a mate</li> <li>• Spend time with a favourite aunt or grandparent</li> </ul> <p>message</p> <ul style="list-style-type: none"> <li>• Make a list of all the things you like about yourself</li> <li>• Dance around to a favourite song for half an hour</li> <li>• Have a laugh break – find internet clips that make you laugh out loud (cat videos are good)</li> <li>• Have a really long shower</li> <li>• Arrange an on-line gaming session with friends</li> <li>• Put time aside to watch your favourite sport</li> </ul> <p>Add in any that you think are worthwhile.</p>	
10 mins	Give out the Kindness Calendar and ask young people to complete for the next week.	
10 mins	As an end, ask young people what one nice thing they're going to do for themselves today.	
Follow up...	It would be good to check back with young people whether or not they're doing these things, and how they're effecting their self-esteem and feelings of well-being	

# Kindness Calendar

My kindness calendar for the week \_\_\_\_\_

**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**



**Saturday**



**Sunday**

