

Session 14: Self Esteem

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Island hop- Group partners up, link arms. One pair is playing tag- one tagging the other. The participant running away can choose to link on to the end of another pair, bumping off the person	Rubber chicken/object to throw
15	Connect	<p>“Hot and Not”- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people.</p> <p>Frontload: Self esteem. What do you think self-esteem is?</p> <p>“Self-esteem reflects a person’s overall emotional evaluation of their own worth. It is a judgement of oneself as well as an attitude toward the self.”- basically how we see ourselves, including our beliefs e.g. “I am/am not good enough.” Everyone is born with the gift of being unique- and good!</p>	<p>Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)</p> <p>Balloon?</p>
15	Main activity- Part 1	Hand jigsaw- Trace your hand onto the paper, and then section it off, like a jigsaw. Draw at least 7 lines across the hand outline. In each section write something important about yourself/something that you feel makes you unique. Can be a mix of physical, emotional, spiritual things. They can all be weird things!	<p>A4 paper x12 (however many in group- including facilitators)</p> <p>Pens, felt tips etc.</p>
15	Main activity- Part 2	BROchures- Split an A4 paper into thirds, folded like a pamphlet. Front page is a ‘bumper sticker’ or poster designed to represent the person. Be creative! Unfold the front page, and inside write things that you like about yourself. What you are good at, what you think you do well. Fold closed, and then paperclip to keep it closed. On the back, pass around the whole group, each writing some kind of encouragement to whose brochure it is.	<p>A4 paper x12 (however many in group- including facilitators)</p> <p>Pens, felt tips etc.</p>
15	Discussion activity/debrief	<p>Reflect, Analyse, Apply</p> <p>What happened? How did it feel to encourage others? How did it feel to be encouraged? Why do you think it’s important to be aware of how we see ourselves? What impact do you think our self-esteem could have on our relationships?</p>	Workbook: Mirrors and reflections

Purpose: To reflect on what self-esteem is, what significance it has in our lives, and what impact it has on how we see ourselves AND others.

Activity briefs:

Island hop:

Establish group boundaries. Instruct group to get into partners, find a space within the boundaries and then link arms. These are the 'islands'. One pair is playing tag- one tagging the other. The participant running away can choose to jump on to an island- by linking arms with another participant, joining the island. When this happens, the partner on the other side of the 'island' is bumped off the island, and must now escape the tagger, by running and 'hopping' on to another island. If the tagger catches the other participant, the tagged participant is now 'in' and must complete 3 spins on the spot before chasing after the old tagger, who is now running away.

Hand jigsaw

Trace your hand onto the paper, and then section it off, like a jigsaw. Draw at least 7 lines across the hand outline. In each section write something important about yourself/something that you feel makes you unique. Can be a mix of physical, emotional, spiritual things. They can all be weird things!

Equipment: A4 paper x12 (however many in group- including facilitators), Pens, felt tips etc.

BROchures:

Girls can be bros too! In this sense it's a reflection on one's esteem of another, rather than a gender based relationship. Split an A4 paper into thirds, folded like a pamphlet. Front page is a 'bumper sticker' or poster designed to represent the person. Be creative!

Unfold the front page, and inside write things that you like about yourself. What you are good at, what you think you do well. Fold closed, and then paperclip to keep it closed. On the back, pass around the whole group, each writing some kind of encouragement to whose brochure it is.

Equipment: A4 paper x12 (however many in group- including facilitators), Pens, felt tips etc.

MAIN ACTIVITY DEBRIEF CYCLE: **Workbook-** Self Esteem

Sit down in a circle with the group

Reflect

-What happened?

What happened? How did it feel to encourage others? How did it feel to be encouraged

Analyse

- So what?

Why do you think it's important to be aware of how we see ourselves? What is so important about self-esteem?

Relate/Apply

- Now What?

What impact do you think our self-esteem could have on our relationships? How can we make sure that we see ourselves honestly, not through a dirty mirror, or a distorted lense? What is the true image of ourselves?