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About Me



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

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School Practices: Self-esteem, self-awareness and reflection: About me

Class size: 20-25

Age: 14 -18

Activity duration: ~90 minutes

Overview and objectives:

This is a self-reflection activity aimed at allowing students to analyze themselves, their desires and what they want. The school is a place to start helping students develop self-esteem. Teachers can help students talk about what makes them happy and what makes them sad, what are their dreams and aspirations.

At the conclusion of this activity, participants will be able:

- To express themselves during the lessons.
- To better develop their self-esteem
- To strengthen the ability to express own feelings

Materials needed: Paper; Pens

Preparation:

Before starting the activity, the facilitator should prepare a sheet with the following sentences to be completed:

- I like myself because...
- I'm an expert at...
- I feel good about...
- My friends would tell you I have a great...



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- My favorite place is...
- I'm loved by...
- People say I am a good...
- I've been told I have pretty...
- I consider myself a good...
- What I enjoy most is...
- The person I admire the most is...
- I have a natural talent for...
- Goals for my future are...
- I know I will reach my goals because I am...
- People compliment me about...
- I feel good when I...
- I've been successful at...
- I laugh when I think about...
- The traits I admire myself for are...
- I feel peaceful when

Comments & Tips:

Depending on the target group, the facilitator should help participants in expressing his/her own emotions, creating a relaxing and comfortable setting, giving to everybody the feeling he/she is listened to and accepted, giving the right questions without being intrusive.

Pupils can also answer the questions with a drawing.



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Step by step instructions:

1. Each participant is given the sheet with the sentences.
2. Students will answer all questions, but only if they want, they're free not to answer.
3. Everyone answers the questions and the facilitator writes on the blackboard some relevant words from the answers.

Evaluation and reflection:

At the end of the activity, the following questions will be used to evaluate the activity:

- What do you have in common with your peers?
- Why do you think it is important to have self-esteem?
- Are you aware of your talents?
- How did you feel during the activity? What would make you feel better/worse?



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