

## What I Like About Myself:

### Materials Needed:

- Chart paper with a basic outline of a person on it
- Post-it notes (one per student)
- Writing tool for students

### Instructions:

Explain to the students that part of what helps build their self-esteem is acknowledging the things they like about themselves. It is important to let them know that it does not always have to be about their appearance, but can be related to who they are as a person.

For example: their sense of humour. Put the piece of chart paper with the outline on it up at the front of the room. Explain to the students that they will each be given a post-it note where they can write something they like about themselves. Once they have completed the post-it they can stick it somewhere onto the outline of the person on the chart paper.

Discussions can be had about some of the different things students wrote. Leave the completed chart paper up in the room for the students to revisit and discuss on their own also.

