

Not Ego, Acceptance

GRADES

4-8

TIME

10 minutes

TOPIC

Self Esteem
Social Comparison

SPACE

Classroom

MATERIALS

- Large Index cards or personal computing device (or phone)

OUTLINE

1. Have students write down things that they love about themselves- nothing negative, only positive.
2. Discuss that it is OK to be OK with yourself; you don't always need to find something negative.
3. Emphasize that the list need not be physical elements (E.g., I love that I can make my little brother laugh.).
4. Run this activity several times during a two-week period. Encourage students to reflect and write down their positives.
5. Later, encourage students to re-read what they've written about themselves and give themselves a pat on the back.