**Self-Esteem Group #1**

**Introductions:**

Have each group member tell the rest of the group one thing they like to do, something they like to eat, or somewhere they like or would like to go.

**Establish Group Rules**

* **Don’t talk when someone else is talking**
* **Listen to others**
* **Be respectful**
* **You may pass if you need to**
* **Have FUN!!**

**What we talk about in group stays in group unless …**

* **Someone is hurting you**
* **You are hurting someone else**
* **You are hurting yourself**

**Game**

* *What do you know?* 
  + *Jumbo Popsicle sticks with questions on them to get to know everyone a little better!*

**What is self-esteem??**

* **Read: “I’m gonna like me” Jamie Lee Curtis**
* Confidence in one's own worth or abilities
* Self-respect
* Liking yourself & who you are

**What does self-esteem mean to you??**

* Taking care of self
* Not thinking negative thoughts about myself
* Not listening to hurtful things other people say
* Believing that I am a unique, special person with a lot to share with the world

**Self-Esteem Group Group #2**

**Materials:**

* Book: ***STARFISH STORY***
* Stars, Markers, & Worksheet

**GROUP RULES:**

* REVIEW
  + One person talk at a time
  + Listen to others
  + Respect what everyone has to say
  + Have fun!

**What happens in group stays in group**

* Unless …
  + You are hurting yourself
  + Someone is hurting you
  + Or you are going to hurt someone else
* Then we need to get more help

**Check-in & GROUP NAME**

* How was everyone’s week?

**Homework from last week:**

* What is one thing you found that you like about yourself?
* Give students a star for everything they thought of and attach to wall. Each group will have a different color.

**Activity: Starfish Story**

* Read book & Worksheet

**Processing Questions:**

* What is the meaning of the story?
* Small acts of kindness can make a BIG difference to others
* “The Sharing Circle”
  + Write name in center circle then pass to left and have each student write one nice thing about that student
    - Genuine and meaningful comments vs. superficial comments
    - Reflect on how it was to give other people nice comments
    - How does seeing your starfish make you feel?

**What is this group all about?**

* What is self-esteem?

**Closing**

* Thank everyone for participating and we’ll see them next week
* Remind everyone to respect what happens in group and not to talk about it to other students

**Homework:**

* Compliment some else on something that you feel makes them unique and special!

**Self-Esteem Group #3**

**Materials:**

* Book: ***Carla’s Sandwich,***  Markers, & Worksheet

**GROUP RULES:**

* REVIEW
  + One person talk at a time
  + Listen to others
  + Respect what everyone has to say
  + Have fun!

**What happens in group stays in group**

* Unless …
  + You are hurting yourself
  + Someone is hurting you
  + Or you are going to hurt someone else
* Then we need to get more help

**Check-in & GROUP NAME**

* How was everyone’s week?

**Homework from last week:**

* Compliment someone else on something that you feel makes them unique and special!
* How did you feel after you complimented that person??

**Activity: Carla’s Sandwich - book**

* Read book & Complete Worksheet

**Processing Questions:**

* What is the meaning of the story?
* What characteristics will you put in your sandwich??
* How are you unique and special?
* What is something you like to do, something you like to eat, or somewhere you like to go that is different from most people.

**What is this group all about?**

* Understanding and improving our self-esteem?

**Closing**

* Thank everyone for participating and we’ll see them next week
* Remind everyone to respect what happens in group and not to talk about it to other students

**Homework:**

* Positive Self-Talk
* Tell yourself one nice thing once a day for a week!

**Self-Esteem Group #4**

**Materials:**

* **Pictures**

**GROUP RULES:**

* REVIEW
  + One person talk at a time
  + Listen to others
  + Respect what everyone has to say
  + Have fun!

**What happens in group stays in group, unless …**

* + You are hurting yourself
  + Someone is hurting you
  + Or you are going to hurt someone else; Then we need to get more help

**Check-in & GROUP NAME**

* How was everyone’s week?

**Homework from last week:**

* Positive Self-Talk
* Tell yourself one nice thing once a day for a week!

**Activity: A picture is worth a thousand words**

* Have each person pick one picture that best represents them.

**Processing Questions:**

* Was it hard to pick the picture
* Have each student talk about why they picked the picture they did.
* What are some feelings surrounding the picture you chose?
* Would you pick another picture?

**What is this group all about?**

* Understanding and improving our self-esteem!!!!!

**Closing**

* Thank everyone for participating and we’ll see them next week
* Remind everyone to respect what happens in group and not to talk about it to other students

**Homework:**

* **Draw a picture of positive self-esteem!**
* **How would you draw yourself liking yourself?**

**Self-Esteem Group #5**

**Materials:**

* **Pictures &/or self-esteem shields & colored pencils**

**GROUP RULES:**

* REVIEW
  + One person talk at a time
  + Listen to others
  + Respect what everyone has to say
  + Have fun!

**What happens in group stays in group, unless …**

* + You are hurting yourself
  + Someone is hurting you
  + Or you are going to hurt someone else; Then we need to get more help

**Check-in & GROUP NAME**

* How was everyone’s week?

**Homework from last week:**

* **Draw a picture of positive self-esteem! & How would you draw yourself liking yourself?**

**Activity: A picture is worth a thousand words**

* Have each person pick one picture that best represents them.
* Draw a picture of positive self-esteem!
* Make our self-esteem shield!!

**Processing Questions:**

* Was it hard to pick the picture
* Have each student talk about why they picked the picture they did.
* What are some feelings surrounding the picture you chose?
* Would you pick another picture?

**What is this group all about?**

* Understanding and improving our self-esteem!!!!!

**Closing – Student Evaluation of Group Experience**

* Remind everyone to respect what happens in group and not to talk about it to other students

**Homework:**

* Remember to tell yourself how much you matter!
* If you ever need someone to talk to always know that Mrs. Goebel or I are here for you!
* Write it down and share it later. Sometimes writing our feelings out helps us to understand them better.