

SELF-ESTEEM

Lesson & Activities

Social Emotional
Workshop



Studying

Getting my
classwork
done.

Doing my
homework

Being good at math and
others knowing I'm
good at math.

Asking
questions
class.

Asking for
extra practice

Doing

SELF ESTEEM

I think being good at math is really important, but I'm not great at it. I never have the best test score even when I study. My mom says I might not just be very good at math.

How important is being good at math to me?
Who are the people I care about support me?

watch
me
bloom!

Social 
Emotional
Workshop

*Thanks for your
purchase!*

**Click to follow me
on social media
or my blog!**



SELF ESTEEM

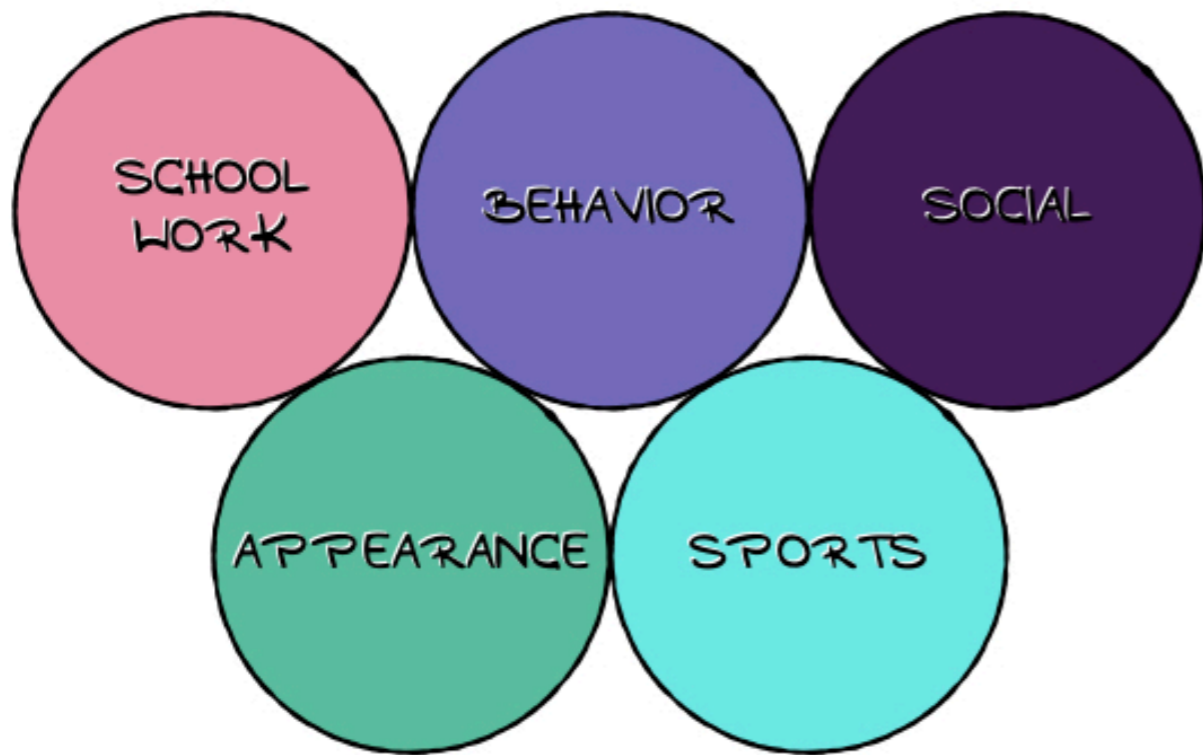
How important is it?



How good are you at it?



How much support do you get with it?



SELF ESTEEM

Being good at math is really important, but I'm not great at it. I never have the best test score even though I study. My mom says I might not just be very good at math.

How important is being good at math to me?

How good at math?

How much support do people I care about support me with math?

SELF ESTEEM

I've been playing soccer since I was 5 years old. It is my favorite thing to do. I just made the travel team and scored a goal every game. My family sent a picture of my team trophy to everyone.

How important is being good at soccer to me?

ALL ABOUT ME

1	SOME KIDS FEEL THAT THEY ARE VERY GOOD AT THEIR SCHOOL WORK.	OTHER KIDS WORRY ABOUT WHETHER SCHOOL WORK AS
	REALLY TRUE FOR ME	SORT OF TRUE FOR ME
2	SOME KIDS FIND IT HARD TO MAKE FRIENDS.	OTHER KIDS FIND IT PRETTY EASY T
	REALLY TRUE FOR ME	SORT OF TR
3	SOME KIDS ARE HAPPY WITH THE WAY THE	
	REALLY TRUE FOR ME	SORT OF TR
4	SOME KIDS DON'T DO WELL AT NEW OUTDO	
	REALLY TRUE FOR ME	SORT OF TR
5	SOME KIDS DO THE RIGHT THING.	
	REALLY TRUE FOR ME	SORT OF TR
6	SOME KIDS USUALLY ACT THE WAY THEY AP TO.	
	REALLY TRUE FOR ME	SORT OF TR
7	SOME KIDS WISH THEY KNEW HOW TO MAK FRIENDS.	
	REALLY TRUE FOR ME	SORT OF TR
8	SOME KIDS WISH SOMETHING ABOUT THE HAIR LOOKED DIFFERENT.	
	REALLY TRUE FOR ME	SORT OF TR
9	SOME KIDS THINK THEY COULD DO WELL A ABOUT ANY NEW SPORT THEY HAVEN'T TR	
	REALLY TRUE FOR ME	SORT OF TR

ALL ABOUT ME

11	SOME KIDS USUALLY GET IN TROUBLE BECAUSE OF THINGS THEY DO.
	REALLY TRUE FOR ME
12	SOME KIDS DON'T DO VERY WELL AT THEIR CLASSWORK.
	REALLY TRUE FOR ME
13	SOME KIDS KNOW HOW TO BECOME POPULAR.
	REALLY TRUE FOR ME
14	SOME KIDS WISH THEY LOOKED DIFFERENT.
	REALLY TRUE FOR ME
15	SOME KIDS HAVE TROUBLE FIGURING OUT THE ANSWERS TO SCHOOLWORK.
	REALLY TRUE FOR ME
16	SOME KIDS DO VERY WELL AT ALL KINDS OF SPORTS.
	REALLY TRUE FOR ME
17	SOME KIDS KNOW HOW TO GET CLASSMATES TO LIKE THEM.
	REALLY TRUE FOR ME
18	SOME KIDS FEEL THEY ARE WORSE THAN OTHER KIDS THEIR AGE AT SPORTS.
	REALLY TRUE FOR ME
19	SOME KIDS ARE HAPPY WITH THEIR WEIGHT AND HEIGHT.
	REALLY TRUE FOR ME

All About Me Summary

ACADEMIC COMPETENCE	
QUESTION #	SCORE
1	
10	
12	
15	
AVERAGE	

SOCIAL ACCEPTANCE	
QUESTION #	SCORE
2	
7	
13	
17	
AVERAGE	

PHYSICAL APPEARANCE	
QUESTION #	SCORE
3	
8	
14	
19	
AVERAGE	

ATHLETIC COMPETENCE	
QUESTION #	SCORE
4	
9	
16	
18	
AVERAGE	

BEHAVIOR CONDUCT	
QUESTION #	SCORE
5	
6	
11	
20	
AVERAGE	

COMMENTS

Self-Esteem Survey: Upper Elementary

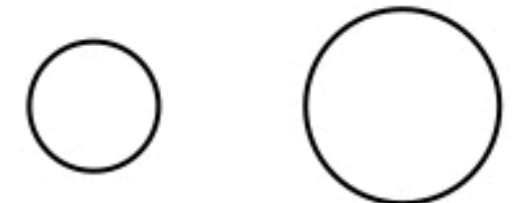


SOME KIDS FEEL THAT THEY ARE VERY GOOD AT THEIR SCHOOL WORK.



WAY

OTHER KIDS ARE NOT HAPPY WITH THE WAY THEY LOOK.



3



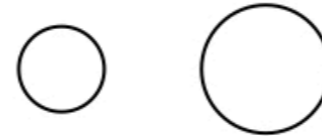
SOME KIDS FIND IT HARD TO MAKE FRIENDS.



SOME KIDS DO THE RIGHT THING.



OTHER KIDS OFTEN DON'T DO THE RIGHT THING.



5



SOME KIDS USUALLY ACT THE WAY THEY ARE SUPPOSED TO.



OTHER KIDS OFTEN DON'T ACT THE WAY THEY ARE SUPPOSED TO.



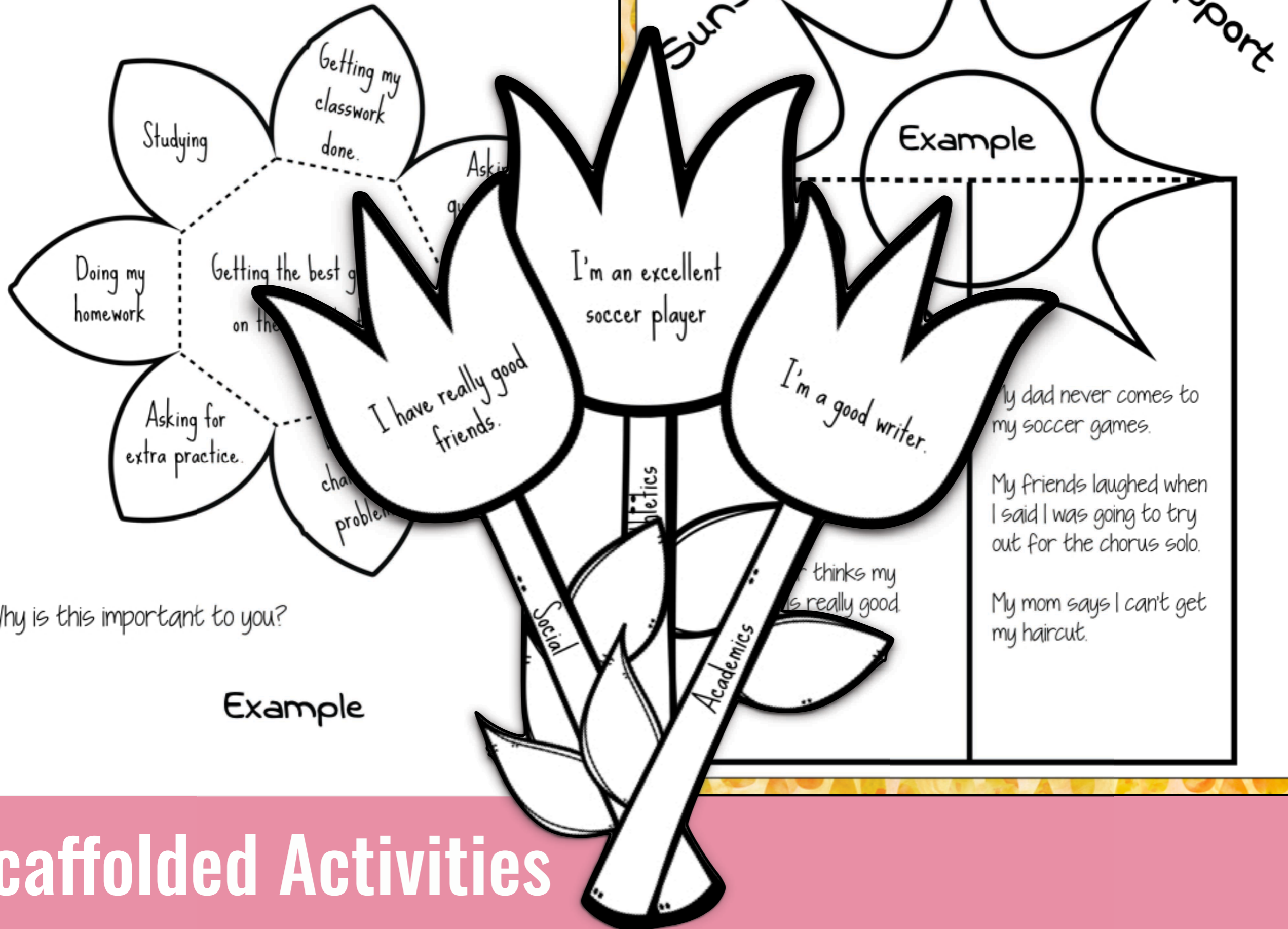
OTHER KIDS ARE GOOD AT NEW GAMES RIGHT AWAY.



EW

Self-Esteem Survey: Lower Elementary

Watch Me Bloom!



Scaffolded Activities