

Self Esteem & Positive Thinking task CARDS

What is your
favorite quality
about yourself?

Say & discuss:

"The best way to gain
self-confidence is to do
what you are afraid to
do."

Turn this negative
into a positive:
"I always fail social
studies quizzes."

Product Directions

The task cards in this document focus on building self-esteem, positive self-image, and positive thinking skills. They are also a great way for new students in a class or small group to get to know each other, always focusing on the positive.

The task cards are aimed to help students at many age levels: elementary, middle, and high school who need help with their building their self-confidence skills.

The cards can be helpful for a range of professionals, including regular education teachers, guidance counselors, special education teachers, 504 coordinators, school psychologists, and mentors.

How To Use

The task cards in this set can be used as part of a whole class curriculum or small group / individual instruction, based on your students' needs. Several ideas are listed below:

- ✓ Set up class centers with a few cards at each center. Allow small groups to walk around and work at the center until time is up. Then, they can move on to the next center.
- ✓ Use a card each morning as part of a guided class or small group discussion. This can also be part of a morning meeting to help build community.
- ✓ Group students up to discuss the task cards. Have the group then share out what they learned about the skill.
- ✓ Allow students to pick a card and random and discuss in a small group. Let the students run the group discussion.
- ✓ Have students independently read a card and respond in their journal before talking with a partner or group about it.

Strengths & Positive Memories

Objectives:

- Identify at least 3 strengths about yourself
 - Identify activities that make you happy
- Recall specific times when you were happy
 - Identify what makes you unique
- Recall times you were kind to others and others were kind to you
- Identify positive experiences that happen to you

What are your 3
biggest strengths?

What is something
nice that a friend
say about you?

What is your
favorite quality
about yourself?

I am proud of
when...

A favorite
memory of mine
is when...

Something about
me I'd like others
to know is that...

What are you
most thankful for
in your life?

What is something
nice you did for
someone else
recently?

What is something
nice someone
else did for you
recently?

Describe your
happiest moment.

One thing I'm
great at is...

What is at least
one dream or
goal you have for
the future?

Describe a great choice you made recently.

Discuss one positive thing that has happened to you so far today.

What is something that truly makes you unique?

What are three activities that can always put you in a great mood?

What are your
three best
qualities?

What is one
positive thought
you've had so far
today?

What is one thing
you love about
yourself?

Describe the last
time you laughed
really hard.

Describe a time
you made a great
decision.

Describe a time
you were a
leader for
others.

Something I want
to do in the
future is...

Describe a time
you helped to
solve a problem.

Understanding Self-Esteem

Objectives:

- Define self-esteem
- Explain why self-esteem is important
- Identify ways self-esteem can impact your mood, actions, and interactions with others
- Explain how self-esteem is connected to problem solving and learning from mistakes
- Explain positive self-talk and how it will help you

What is self-
esteem?

What does it mean
to have high self-
esteem?

What does it mean
to have low self-
esteem?

How does self-
esteem impact your
mood?

I know I have the ability to be a good problem solver because...

Sometimes making mistakes is good because you learn from them. One example of this is...

If someone is afraid to take risks it could impact them by...

How could making your own decisions be very important?

How can letting
someone else
always decide for
you be a bad thing?

How can high self-
esteem help
someone with
friends?

How can high self-
esteem help
someone with their
job?

How can high self-
esteem help you say
no to peer
pressure?

What is positive
self-talk?

Why is positive
self-talk important?

How can negative
self-talk bring you
down?

What are some
ways you can
encourage yourself
to have positive
self-talk?

Positive Thinking

Objectives:

- Distinguish between positive and negative thoughts
- Explain ways that negative thoughts can be changed into more positive ones
 - Make positive statements

Positive or Negative?
Explain.

"I only did well on
this test due to
luck."

Positive or Negative?
Explain.

"I trust myself to
make my own
decisions."

Positive or Negative?
Explain.

"If I study for the
test, I'll just do
poorly anyway."

Positive or Negative?
Explain.

"I need to put
makeup on or no
one will like me"

Positive or Negative?

Explain.

"I'll never be a good artist."

Positive or Negative?

Explain.

"If they don't want to be my friend, I'd rather it be that way."

Positive or Negative?

Explain.

"When I believe in something, I don't change my mind for anyone."

Positive or Negative?

Explain.

"I tried really hard and failed, but that's okay."

Positive or Negative?
Explain.

"If I don't do well on
this quiz, I'll fail the
class."

Positive or Negative?
Explain.

"I saw the way he
looked at me. I can
tell he hates me."

Positive or Negative?
Explain.

"We didn't win the
game but I think I
played well."

Positive or Negative?
Explain.

"We lost the game
but I still tried my
best."

Turn this negative
into a positive:
“She’s better at
soccer than me.”

Turn this negative
into a positive:
“I always fail social
studies quizzes.”

Turn this negative
into a positive:
“I should be smarter
in math.”

Turn this negative
into a positive:
“I’d be happier if I
were thinner.”

Turn this negative
into a positive:
“More people would
like me if I were
taller.”

Turn this negative
into a positive:
“My hair is something
I hate about myself.”

Turn this negative
into a positive:
“I’ll never be good at
writing reports.”

Turn this negative
into a positive:
“I should be more
organized than I am.”

Finish this statement:
"People love me for
my _____."

Finish this statement:
"Something unique
about me is _____."

Finish this statement:
"I've always been
great at _____."

Finish this statement:
"My biggest strength
is _____."

Finish this statement:
"I'm not great at
everything, but I am
awesome at ____."

Finish this statement:
"Sometimes I make
mistakes but I learn
from them, like
when ____."

Finish this statement:
"One thing I admire
about myself is
____."

Finish this statement:
"One of my greatest
achievements was
when ____."

Goal Setting

Objectives:

- Identify what you can and cannot change
- Reflect upon progress you've made in the past
- Identify goals or dreams you have for the future
- Identify how to make a plan for reaching those goals

Decide if you can
change the situation
or not:
You failed a history
test.

Decide if you can
change the situation
or not:
You got in a fight
with a friend.

Decide if you can
change the situation
or not:
Your locker is a
mess.

Decide if you can
change the situation
or not:
You think a teacher
hates you.

Decide if you can
change the
situation or not:
You broke your
phone.

Decide if you can
change the situation
or not:
Your parents are
getting divorced.

Decide if you can
change the situation
or not:
You don't like your
hair color.

Decide if you can
change the situation
or not:
You want to move
out of town.

Describe a time
you set and goal
and met it.

List at least 3
dreams you have
for the future.

What is at least one
goal you have for
this year?

What are some
ways you can work
towards achieving
your goals?

How can making a plan help you achieve a goal?

Lisa wants to earn a B in math class.
What can she do to reach her goal?

Todd wants to make the basketball team this year. What can he do to reach his goal?

Molly wants to get a job this summer.
What can she do to reach her goal?

Jamal wants to buy
a new bike. What
can he do to reach
his goal?

Meg wants to get a
C in English. What
can she do to
achieve her goal?

Sandra wants to have
more friends. What
can she do to reach
her goal?

Mike wants to be
more organized in
school. What can he
do to reach his
goal?

Self-Esteem Building Statements

Objectives:

- Say self-esteem building statements and affirmations
- Identify self-esteem statements that help you feel stronger
- Discuss how the statements relate to your own life

Say & discuss:

I am an important
person.

Say & discuss:

Sometimes I make
mistakes, but
everyone does.

Say & discuss:

Sometimes I make
mistakes, but I learn
from them.

Say & discuss:

I am a unique
person with lots of
strengths.

Say & discuss:

Everyone experiences setbacks sometimes. It's how you deal with them that counts.

Say & discuss:

I am thankful for many things in my life so far.

Say & discuss:

Setbacks happen to everyone. I will deal with them the best I can.

Say & discuss:

There are many things I can't change in the world, and that's okay.

Say & discuss:

I'm proud of the
accomplishments
I've made so far.

Say & discuss:

I am in charge of
my own thoughts
and feelings.

Say & discuss:

I'm proud of the
person I am today.

Say & discuss:

I have potential to
work towards each
of my goals.

Say & discuss:

I am worthy of
respect from
myself and others.

Say & discuss:

I am a beautiful
person, inside and
out.

Say & discuss:

I have weaknesses,
but everyone does.
It's what makes us all
unique.

Say & discuss:

I am happy with who I
am, and don't need to
compare myself with
anyone else.

Self-Esteem Quotes

Objectives:

- Discuss quotes about self-esteem
- Explain how the quote could be applied in your own life
- Explain why the quote is important

Say & discuss:

"It's time to take
charge of your
own life."

Say & discuss:

"Believe in your
dreams and they might
come true. Believe in
yourself and they will
come true."

Say & discuss:

"To wish you were
someone else is to
waste the person
you are."

Say & discuss:

"Why compare yourself
with others when no one
in the whole world can
do a better job of being
you than you."

Say & discuss:
“It’s not who you are
that holds you back,
it’s who you think
you’re not.”

Say & discuss:
“Whether you think
you can or think
you cannot, you are
right.”

Say & discuss:
“To win, all you
need to do is get
up one more time
than you fall
down.”

Say & discuss:
“Put your future in
good hands – your
own.”

Say & discuss:

“The best way to gain self-confidence is to do what you are afraid to do.”

Say & discuss:

“When there is no enemy within, the enemies outside cannot hurt you.”

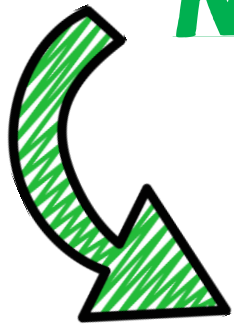
Say & discuss:

“Act like you’re always wearing an invisible crown.”

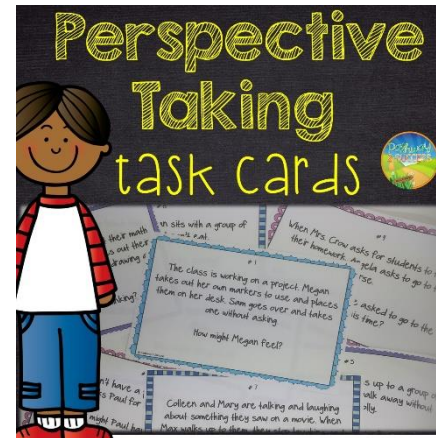
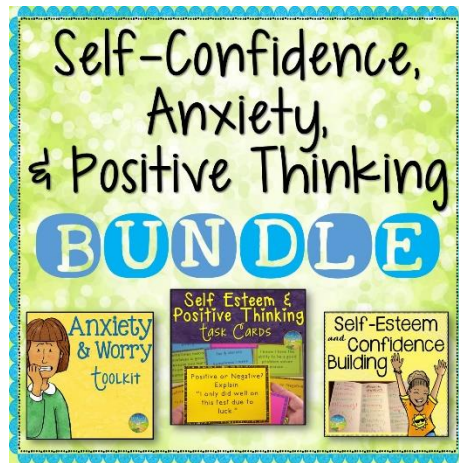
Say & discuss:

“You are the only person you’ll ever be. Live with it.”

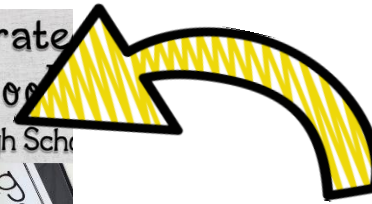
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About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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