


September:
WEEK FOUR



SELF-ESTEEM

THE AGENDA:

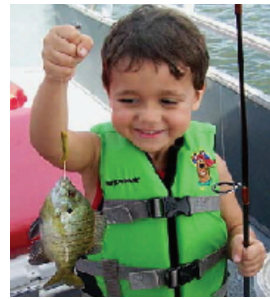
Discuss: Define Self-Esteem. When do you have high vs. low self-esteem? Why is self-esteem good to have? How can we improve our self-esteem?

- ◇ 'Self-Esteem' Worksheet
(and/or)
 - ◇ *The Dove Self-Esteem Workbook for Girls*
(Available on BBBS Website:
http://www.mentoringworks.ca/site-bbbs/media/bbbsamr/DSEF_TrueYou.pdf)
 - ◇ Flip through magazines and discuss air-brushing and unrealistic advertising
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- ◇  Play Music Bingo—write a song title in each square. You can't cross off a song until your mentor plays or sings a snippet of it!



SELF-ESTEEM

Define the term *self-esteem*:



How is self-esteem related to self-awareness and self-image?

How are self-esteem and body image related?

What influences body image and how does one assert body image?

How can you build self-esteem in yourself and others?

Something to talk about....

HEALTHY SELF-ESTEEM

Being praised
Being listened to
Being spoken to respectfully
Getting attention and hugs
Experiencing success in sports/school
Having trustworthy friends

LOW SELF-ESTEEM

Being criticized
Being yelled at or beaten
Being ignored or teased
Being expected to be perfect
Experiencing failures
Having few or no friends



MUSIC BINGO!



Each Buddy fills in the blanks of their own Bingo Sheet with popular song titles you both know (one song per square). Take turns humming the songs on your Buddy's list (or playing short clips on the stereo) and see if your Buddy recognizes it. Every time your Buddy hums one of the songs on your list that you recognize, cross that square off. Try to get one full row, horizontally or vertically!