



Activities for Raising Self-Esteem

POSITIVE SELF-TALK SHIELD

Why?

Sometimes we focus too much on the things we find difficult, the mistakes we make, or the things we cannot change. This can affect how we feel about ourselves and make challenges seem even bigger.

Positive self-talk helps us to notice our strengths, recognise our achievements, and remind ourselves of the skills and strategies we already have. It can help us build confidence, develop resilience, and approach challenges with a more balanced and hopeful mindset.

With this activity, you can create a shield of strengths and positive statements to remind yourself of what helps when things feel difficult and to support positive thinking.

You need: a mixture of materials, dependent on if you want to draw on your shield or create a 3D one from cardboard for example. Such as paper, pens, pencils or paint, glue, collage pictures, photos, stickers, tissue paper...

How to:

1. Create your shield by drawing a shield shape or using a template.
2. Add positive messages and reminders that help you feel confident, calm and strong.
3. Decorate your shield with colours, pictures, and symbols that are meaningful to you.
4. Use your shield when you need it. Read through your positive messages during difficult moments to remind yourself of your strengths and coping strategies.



What could go on your shield?

Positive statements: I can do this, I am trying my best, I can keep going.

Your strengths: Kind, creative, brave, helpful...

Things you enjoy: Favourite people, pets, hobbies, or happy memories.



For more information about how we could work with you please contact:
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