



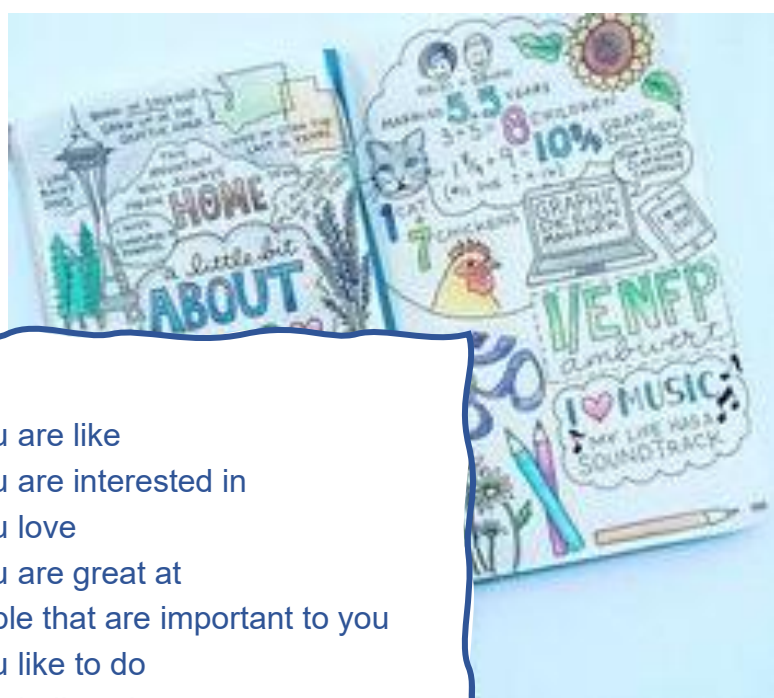
Activities to Raise Self-Esteem

ALL ABOUT ME ACTIVITIES

Why?

Positive self-esteem can have a ripple effect throughout our lives on our sense of self. It is really important to recognise who you are as a person and remind yourself of the positive things that make you, you. If you share things that you like, value, are good at, are interested in, believe, they can be cherished and treasured, and you can see how wonderful and unique you are. It will help you to develop positive internal voices that can help you stay strong and remind you of who you are.

Activity Ideas:



Think about:

- What you are like
- What you are interested in
- What you love
- What you are great at
- The people that are important to you
- What you like to do
- What you believe in
- Things that make you happy
- Favourite memories
- What would others say about you?
- What would others say you are good at?



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

Sharing Ordinary Places

Being Someone

Contribution

Belonging