



"Aim" 4 mee for Self Esteem

Cut out items below that express your **self-ie**
You will need a bucket or box to decorate

- ✦ Have your child cut out the items that describe your internal qualities. If you need additional images either draw them or cut them out of magazines and tape or paste to your bucket.
- ✦ Refer to this to remind yourself how amazing you are, keep adding to your bucket.
- ✦ Parents take this time to go over the words and reinforce the meanings.



A good friend	Cheerful	Trustworthy
Dependable	Thoughtful	Joyful
Kind	Polite	Calm
Helpful	Generous	Patient
Honest	Hardworking	Courteous
Loyal	Caring	Curious
Respectful	Humble	Outgoing
Responsible	Grateful	Funny
Compassionate	Friendly	Hardworking