

## What **you** can do

Let's talk more about our self-esteem buckets. I'm going to give you a scenario and you all have to decide if it's filling up the self-esteem bucket or if it's not. Are you ready? Alright, the first scenario is: you're in math class, it's your easiest subject and you have to work in a group to finish a story problem. You read the question and think you know the answer. You're trying to decide if you should tell your group or not. Which option do you think would help fill your bucket: staying quiet, or telling your group your answer?



### ANSWER:

Although you might be scared that you don't have the right answer, telling your group will help fill your self-esteem bucket. Challenging ourselves to do uncomfortable things could be good for us, like in this scenario. It fills our bucket. Let's try another one.

## What **you** can do



This scenario is a little different. I'm going to describe some things, and you all tell me if you think this person's self-esteem bucket is full or empty: You notice your friend John has been giving up on a lot of his school work, has been complaining about himself, and telling people he's not good at anything. Do you think John's self-esteem bucket is full or empty?

### ANSWER:

Definitely! John's bucket needs some filling. How do you think John feels about himself? What are some ways we can help John feel better about himself?

✚ Allow the group to answer, encouraging participation.