

FEELING GOOD ABOUT OURSELVES

GOAL:

To become more aware of methods to enhance our self-esteem.

RATIONALE:

By doing our favourite activity and being around people we enjoy, we can increase our self-esteem. If we wear the clothes we like, do the things we like, are in places and with people we like, chances are we will feel good about ourselves. It is useful to be aware of these things, especially when we need a lift. This lesson is appropriate early in the group's development or when the group needs a lift.

MATERIALS NEEDED:

Flipchart, markers, paper, pencils, tape, magazines, scissors and a copy of *Happiness is...* for each participant.

METHOD:

Warm Up: Feeling Good

Ask participants to think about and share with the total group, one thing that makes them feel good about themselves. Flipchart the responses. Encourage participants to share their reactions to the list.

Exercise 1: Who I Am

Distribute paper, pencils and a piece of tape to each participant. Ask participants to think about a nickname they have had or would like to have, that makes them feel good. Ask participants to clearly write this name in the centre of their paper. Ask participants to fill in their paper in the following manner

Your favourite colour	What do you like to wear?
NICKNAME	
What do you like to do that makes you feel good?	What type of people do you like to be with?

When participants have completed their answers, instruct them to tape their paper to their chests, get up and mill around, sharing their answers with the total group.

Alternative Ideas:

- In the centre, write your first name
- In the top left-hand corner write your favourite food
- In the top right-hand corner write your favourite colour
- In the bottom left-hand corner write one thing you do well
- In the bottom right-hand corner write the name of a film/TV star you would like to portray you.

Exercise 2: Pictures

Introduce this exercise by saying:

One of the ways we can develop positive self-esteem is to choose to be in environments and situations where we can feel positive about ourselves.

Invite participants to look through the magazines and find a picture that makes them feel good. Ask participants to discuss, with a partner:

- Why does this picture make me feel good?
- Does the picture conjure up a real or imaginary situation in my mind?
- How can I apply these feelings and attitudes towards my daily life?



Exercise 3: Happiness is...

Distribute a copy of *Happiness is...* to each participant. Ask participants to write in their own definition and encourage them to share their answers with the total group. Have the group then discuss how their definitions may be applied in their daily lives.

EVALUATION:

CREDIT:

Marilyn Ferral

Happiness is
