

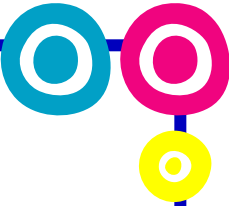
I Like Me 123: Self-Esteem Word Search

K H W C O M P A R E F S G
C R E X S Y W R C S E K P
Q J Y O Q E V I T I S O P
F G N I N R A E L C Z N J
H G R O W T H S E N I Y K
C M F M C H Y H T L A E H
X M N N C E C U N I Q U E
S E L F A E L B I X E L F
X S N T S T R E N G T H S
Y E G N E L L A H C G I I
L A D V L Y E R U C E S E
I Q C S T Y F H J M K L R
K A K Q L E B V Q V D C D

Challenge
Compare
Growth
Healthy
Flexible
Learning

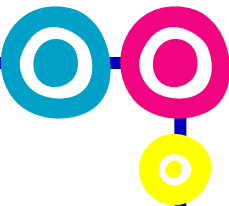
Positive
Secure
Self
Strengths
Unique

Draw Five Things You Like



A large empty rectangular box with a thick blue border, intended for drawing five things the user likes.

Draw Five Things You Like About Yourself

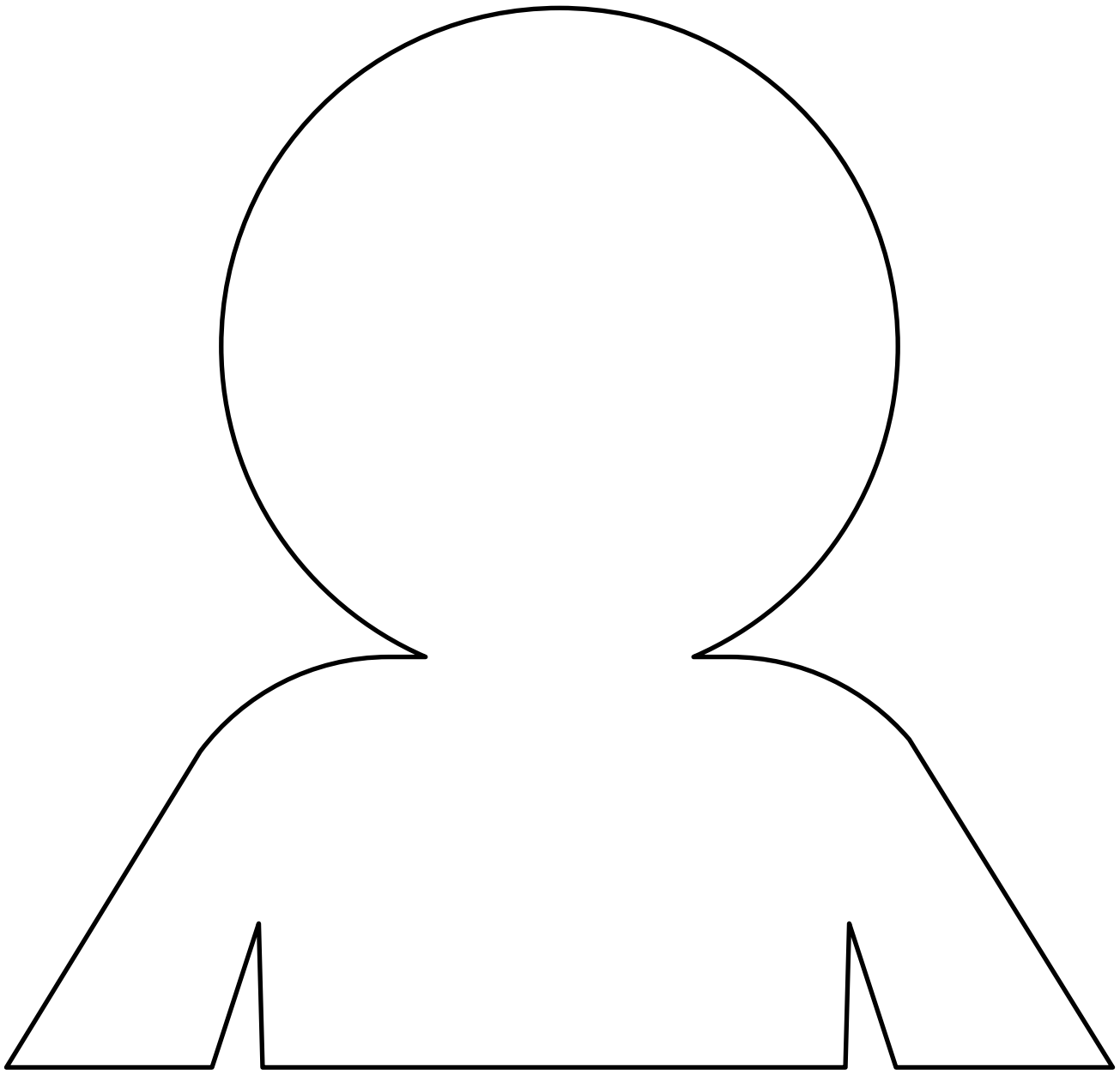


A large empty rectangular box with a thick blue border, intended for drawing five things the user likes about themselves.

Fill the Brain!

Help this person build self-esteem by writing statements inside the head that are helpful. If you want some ideas, look through the #1 cards such as "Everyone makes mistakes".

Optional: color-in the character





“I” Statements

Use these “I statements” to build self-esteem and open up discussion. Cut out the statements and use with clients. Each statement has a corresponding question to further the discussion. Have the student repeat their favorite statement a few times. See if they can memorize it before the next time you see him/her.

To use:

1. Read through the cards and have each player pick the one that speaks to them the most. Repeat it out loud a few times. Have player write out this card to keep.
2. Pick any "I statement" and have the player read it out loud. On the back of the card, write down anything that comes to mind, even if the player disagrees with it. Then, flip the card back over and say it again a few times. Repeat this process.
3. Have clients write their own "I statement".
4. Help children make an "I statement" related to their treatment plan. Choose an area the child is working on and make a statement special for that child together.

Cut out each card and fold on dotted line

I am learning through the process.

**What's a time you really enjoyed
doing something?**

I am learning new things all the time.

**What is something you'd like to learn
more about?**

**I feel proud of myself when I try
my best.**

**What were you doing the last time you
felt proud?**

I grow the most through challenges.

What is a challenge you've been through?

I like myself, just the way I am.

What do you like about yourself?

**I am a unique person, just like
everyone is unique.**

What makes you unique?

Cut out each card and fold on dotted line

**I make mistakes, but I can learn
from them.**

**Why do some people act like they
never make mistakes?**
