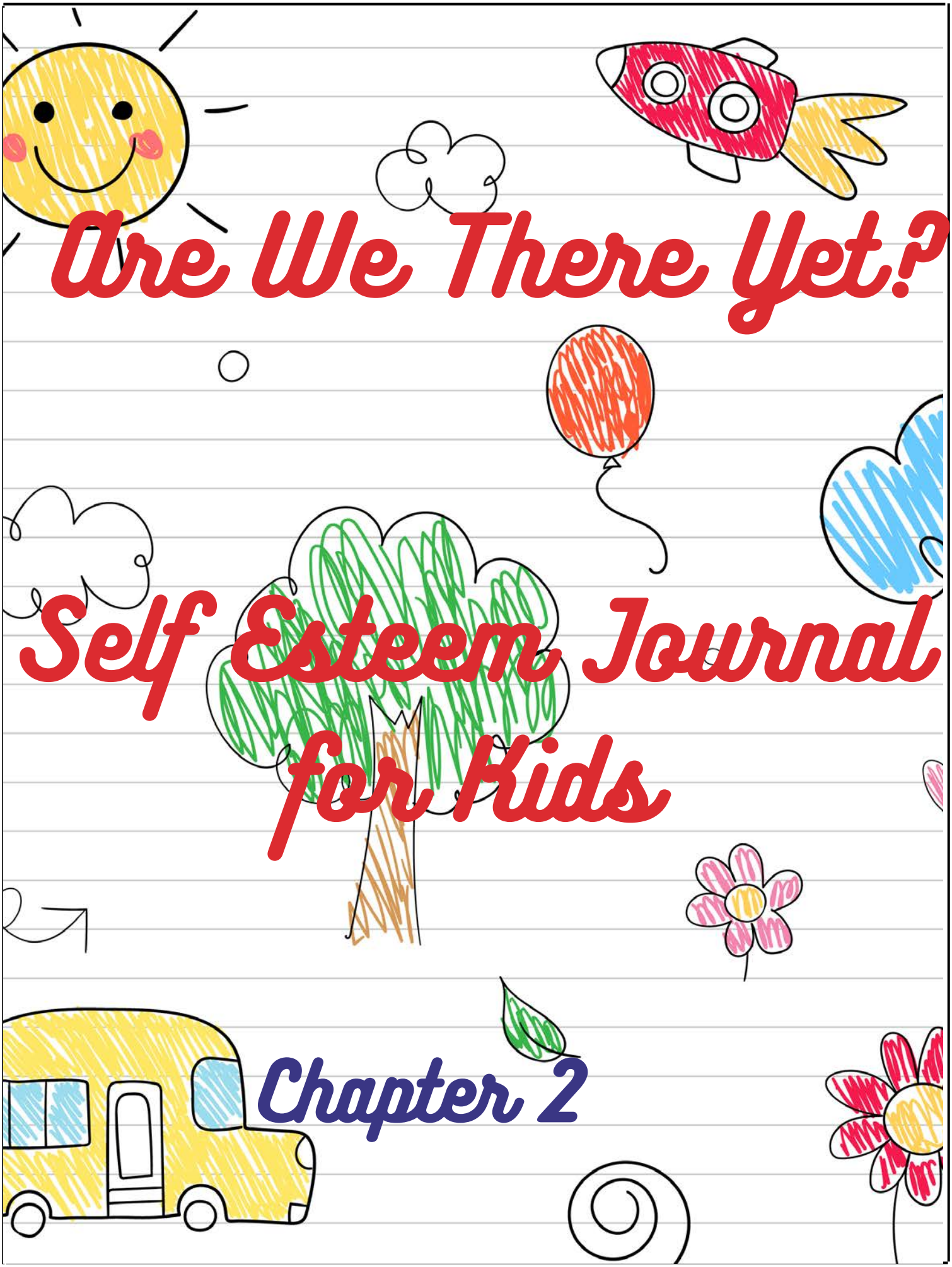

Are We There Yet?
Self Esteem Journal for Kids
Chapter 2

Introduction

ARE YOU READY TO HAVE SOME FUN?

This workbook is an absolute must-have for your study of Self-esteem in Chapter 2.

It is crucial to develop a positive self-image and feel confident, and as parents, it is our responsibility to build up our children.

This collection of self-esteem activities for kids is a source of inspiration and guidance that you cannot afford to miss.

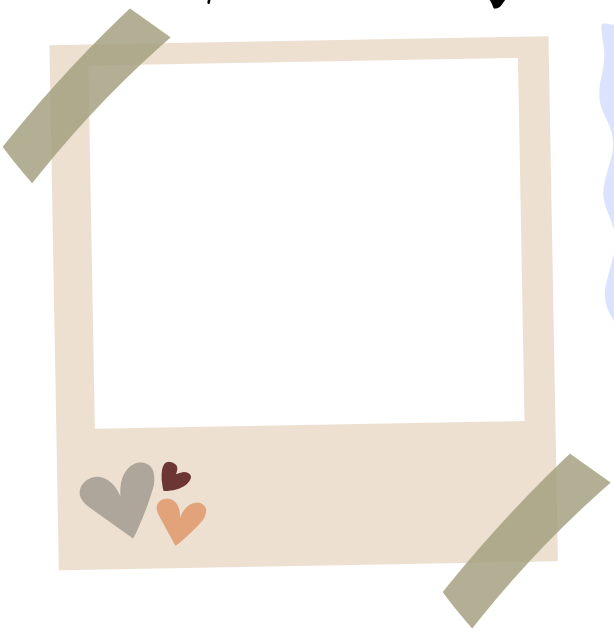
Remember to repeat the phrases you write and color to yourself every morning.

The booklet comprises numerous activities, games, crafts, and art projects mentioned in the book.

You and your children must engage in them as I guarantee you will enjoy them as much as I enjoyed creating them.

ALL ABOUT ME

This is a picture of me



My name is _____

_____

_____

I am _____ years old.

When I grow up, I want to be a/an

_____

_____

_____

_____

_____

_____

This year, I want to learn more about

1 _____

_____

_____

2 _____

_____

_____

3 _____

_____

COMPLIMENT YOURSELF

Take a moment to think about how other people view you. What are five nice things others would say about you, that you are proud of?

1. _____
2. _____
3. _____
4. _____
5. _____

COMPLIMENT YOURSELF

Take a moment to think about how other people view you. What are five nice things others would say about you, that you are proud of?

1. _____

2. _____

3. _____

4. _____

5. _____

About Me

Sentence Completion

I was really happy when... _____

_____

Something that my friends like about me is... _____

_____

I'm proud of... _____

_____

My family was happy when I... _____

_____

In school, I'm good at... _____

_____

Something that makes me unique is... _____

_____

SELF-EFFICACY

My strengths:

My qualities:

My skills:

Self Esteem Now!

My full name is

I am proud of these traits

3 compliments abut me

People who love me

When I grow up, I want to be

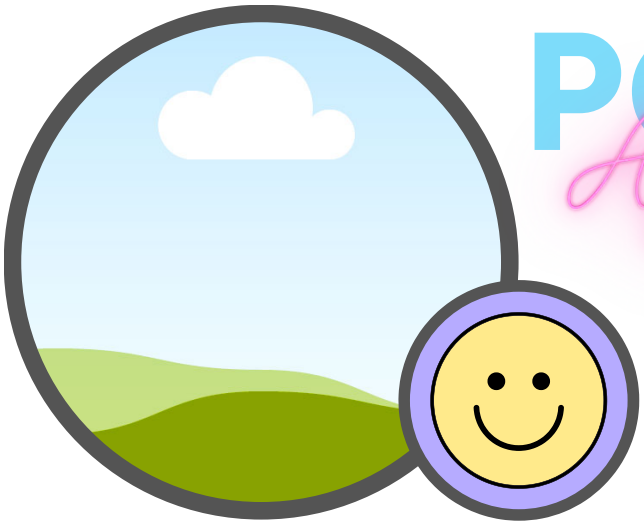
3 things that crush my self esteem

3 things that will make me better

3 Things I am getting better at

AFFIRMATIONS

Brainstorm words to positively describe yourself:



POSITIVE *Affirmations*

Write five (5) positive descriptions about yourself and one (1) thing you can do or be.

I AM _____

I AM _____

I AM _____

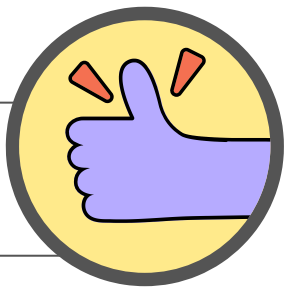
I AM _____

I AM _____

I AM _____

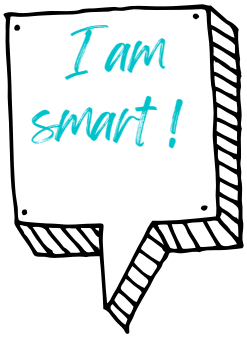
I CAN _____

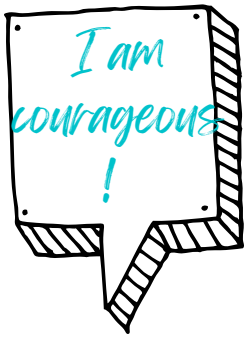
_____

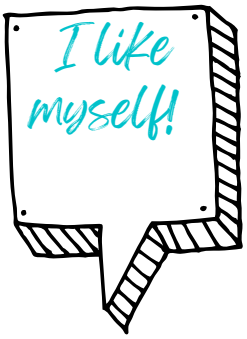


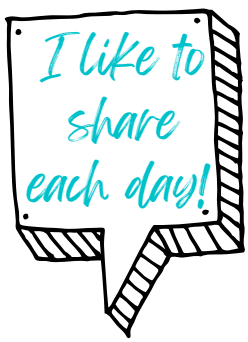
List of Daily Affirmations

Please write down your favorite positive affirmations, cut them out, and put them on your wall.

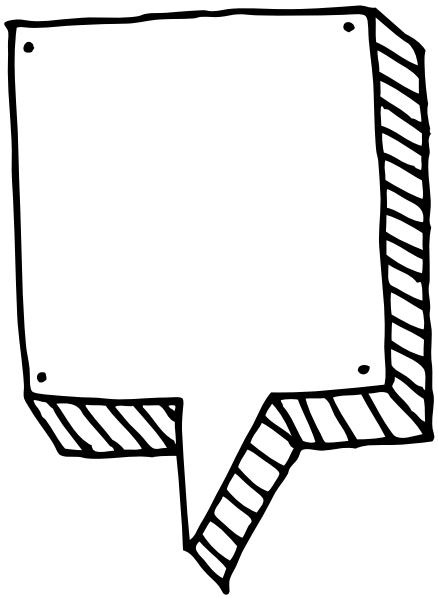


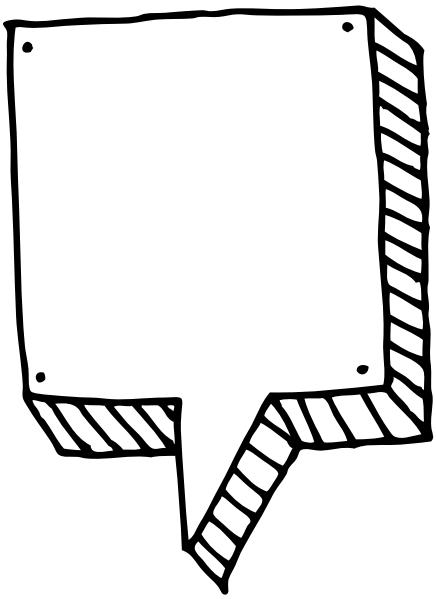


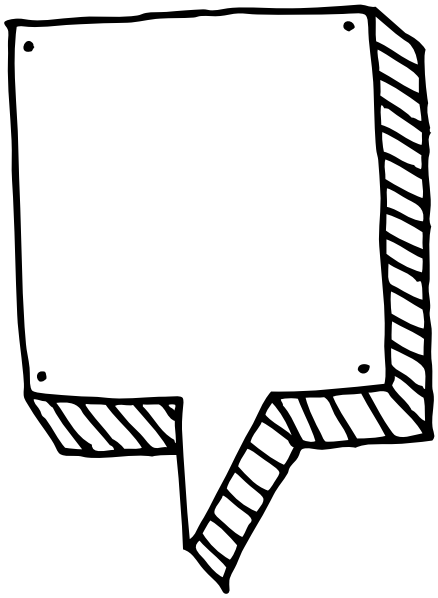


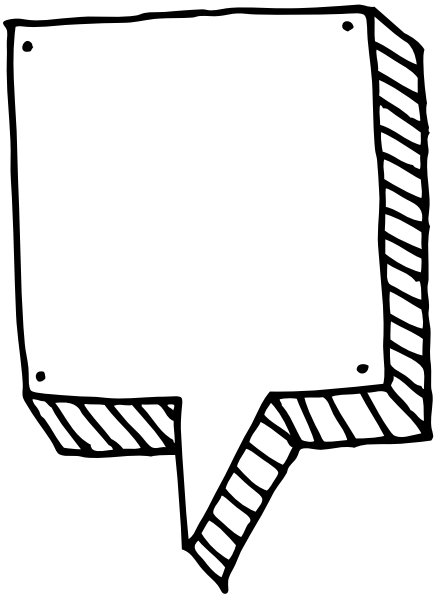


Make your own Affirmation Wall

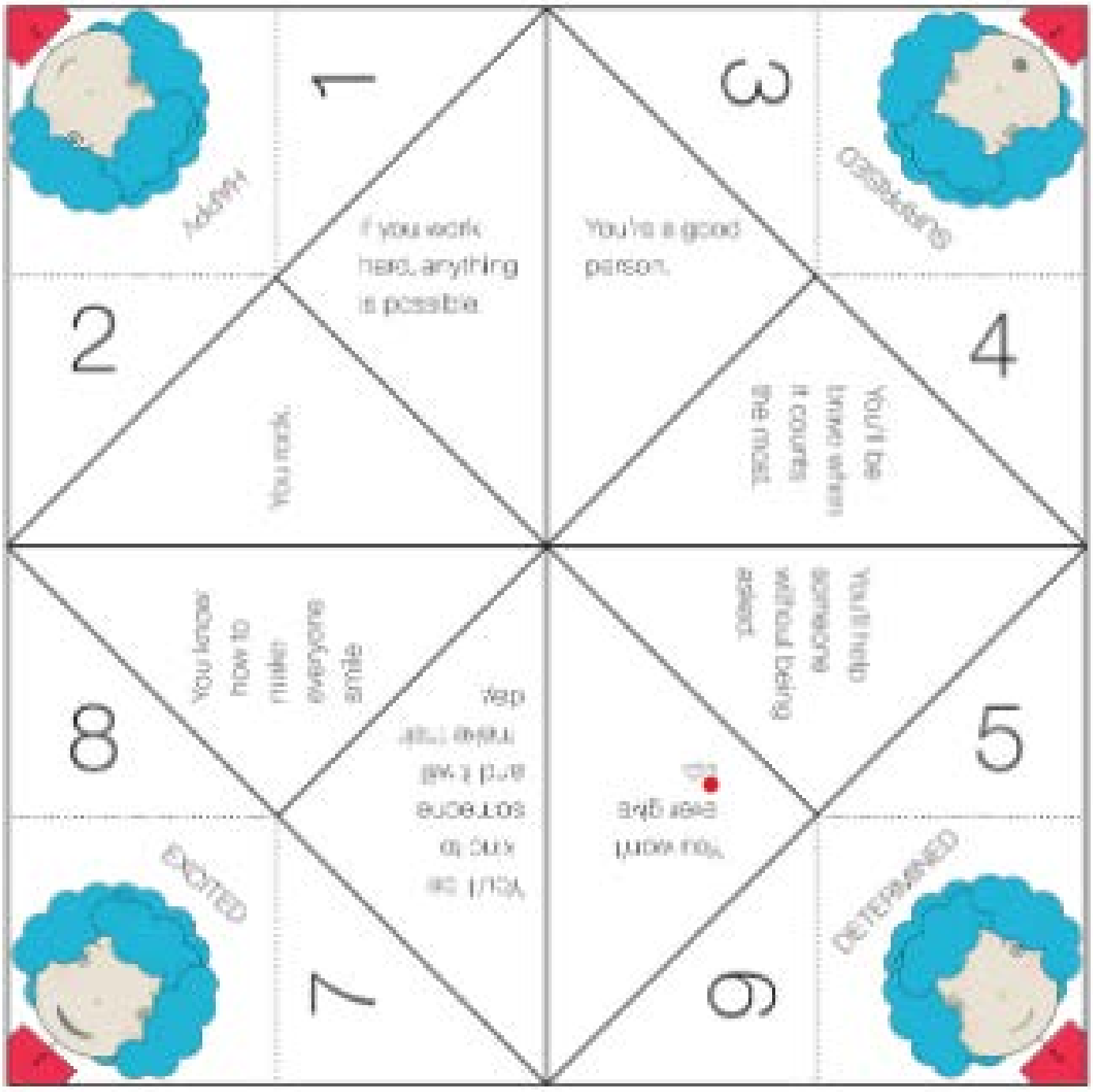








SELF-ESTEEM FORTUNE TELLER



Origami Project

LETTER TO *Yourself*

Understanding and accepting yourself is key to developing self-esteem. Write a letter to yourself to build your essential skills.

LETTER TO YOUR FUTURE SELF

LETTER TO YOUR PAST SELF

THANK YOU LETTER TO YOUR SELF

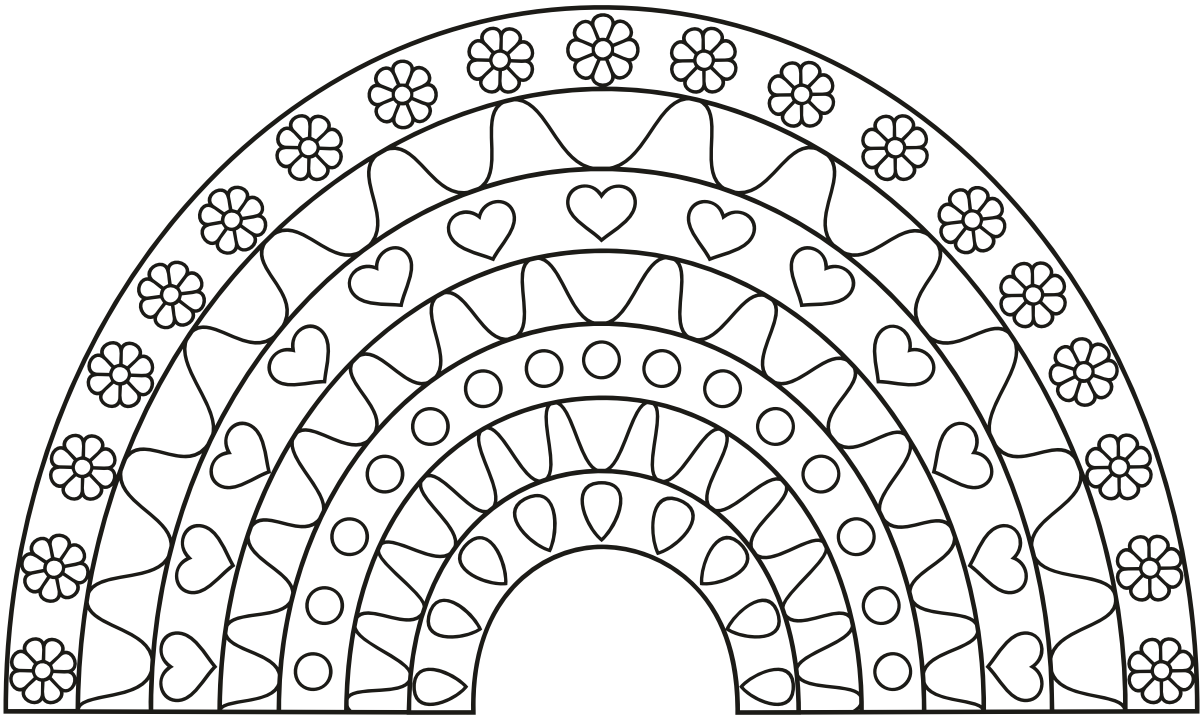
Mirror, Mirror on the wall, who's the nicest of them all?

The Mirror Exercise

1. Stand in front of the mirror.
2. Take in a deep breath.
3. Say, 'I am.....' statements about yourself.
4. Say ' I love you ' to yourself.
5. Repeat it every morning before going to school

I AM

CAPABLE



I AM
WORTHY

I AM STRONG

I AM BEAUTIFUL

name:

MY SELF EVALUATION

Read each statement below. Place a check mark in the box that best match your behavior in the classroom.

	Always	Sometimes	Never
I follow directions.			
I do my best work.			
I cooperate with others.			
I am polite and respectful to others.			
I complete my work on time.			
I listen to the teacher.			
I raise my hand before I answer questions.			
I participate in class discussions.			
I keep my hands and feet to myself.			