

Who is Fitzy Fox?

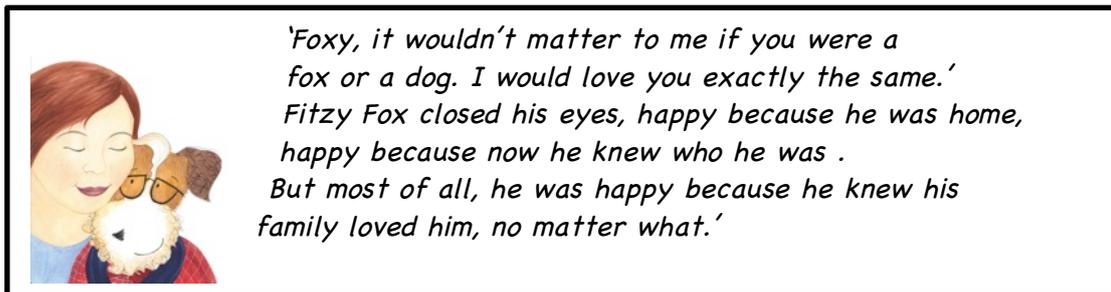


Social & Emotional Learning Worksheets for
Teachers/Counsellors

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BUILDING SELF ESTEEM



These are the touching words that Fitzy's Mummy said to Fitzy at the very end of the story and they are what we all long to hear.

Indeed, we must **all** remember that we are each special, important, worthwhile and unique. 'There is no one else in the world exactly the same as me, there never has been and nor will there ever be.'

Sometimes we may go through times in our lives when we don't feel all that good about ourselves, we might wish we were more like someone else, looked differently or could do things better. When this is happening we are said to have low self-esteem. Self-esteem is the confidence you have in yourself, it's about self-respect, self-worth, how much you value yourself. People can be described as either having low or high self-esteem or anywhere in between.

Ask the class: 'Where would you place yourself on the self-esteem scale today from 1 (low) to 10 (high)? How can we make that number higher?'

Students now complete the 'YOU are AMAZING' worksheet (students draw a picture of themselves in the middle circle)

Tell students they can read over their worksheet whenever they are feeling unsure of themselves. You might like to conclude with the Dr Seuss quote:

"Be your name Buxbaum or Bixby or Bray
or Mordecai Ali Van Allen O'Shea,
you're off to Great Places!
Today is your day!
Your mountain is waiting.
So...get on your way!"

