



TODAY'S TOPIC:
Healthy Thoughts

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What is self-esteem?

Lesson

Healthy Thoughts

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Paper and pen 	<ul style="list-style-type: none"> Paper and pen 	Building self-esteem through healthy thoughts.

ASK: So, what is self-esteem? Do you have any ideas?

SAY: Self means you (point to yourself) and esteem is a word you use for things you respect and admire. So self-esteem is when you respect and admire yourself. It means you mostly feel good about yourself. It means thinking good things about yourself. It means you know you are awesome and wonderful and the best you that you can be!

SAY: Let me tell you, I love being me! I am a good listener, I treat other people well. I take time to practice and do things I love, like singing and performing. (alter to whatever is true for you)

ASK: What are some things you are good at? (try and get a lot of answers)

ASK: Do I need to change who I am to have good self-esteem? No, and neither do you! You are perfectly wonderful and you should be proud of the things you can do even if they are different from what someone else can do. In fact, think of something that's really great about yourself and give yourself a pat on the back for being you.

ACTIVITY: Read the list below and decide which thoughts are healthy and which ones hurt your self-esteem.

- I can do hard things.

- I am such a scaredy cat!
- I can't do anything right.
- I am not afraid to make mistakes. I can learn from my mistakes and get better.
- I can solve problems.
- I'm not cool enough to make friends.
- I can try new things.
- I can ask for help.

ASK: So if I want to work on having more self-esteem, what are some things I can do?

- Start each day with an "I" statement – I am , I think, I make, I am great at... (Demonstrate your best I statement. See if you can coach kids in their own I statements.)
- Try your best
- Believe you can
- Practice what you love.

ACTIVITY: Use paper and pens to make name art.

SAY: One fun way to practice building up your self esteem is to play "What's in a Name". Start by writing out the letters of your name and then think of something good about yourself for each letter. Example:

Smart,

Thankful,

Awesome at reading and having fun,

Creative good at making things, and I can bake

Yummy cookies.

You can make just about anything by using letters as verbs, adjectives, adverbs. (There are some fun lists on the internet to get you inspired if needed.)

AFFIRMATION – I think good things about myself! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .