



TODAY'S TOPIC:
Here's What is Great About Me

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 one great thing about me?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Small mirrors • Permanent markers 	<ul style="list-style-type: none"> • 	Know what self-esteem is and things to do to remind yourself how great you are.

Portions of this lesson are inspired by Whole Hearted Counseling.

SAY: I love being me. Name some great things about yourself (I am a good listener, I am kind to other people, I'm really good at...)

SECOND ADULT COULD SAY: It sounds like you have high self-esteem. **Self** means you (point to self) and **esteem** means something you respect, admire, think highly of, like a lot. When you put them together, it means you feel good about yourself.

ASK: Are self-confidence and self-esteem the same? No. Self-confidence is what you think about things you can do. Self-esteem is how you value, appreciate, and love yourself. It is the way you feel about yourself.

TRY: Have everyone turn to the person each side of them and say, "You are amazing!" That feels really good, but it is also from outside of you. Now say, nice and loud, "I am amazing!". That comes from inside of you where your self-esteem is. You are saying and knowing it for yourself.

REPEAT AFTER ME: Some people think self-esteem is a thing, but I think it is an

action. Something you can do. Repeat after me: **I self (point at self) esteem!** That means you care about yourself. Self-esteem is something you do. And things you do can be practiced.

ASK: What are some things you can say to practice self-esteem?

Use an “I am” statement like:

I am awesome. I am amazing. I am great at...

I am lovable. I am strong. I am powerful.

AFFIRMATION: Our affirmation for today is an “I am” statement. **I am amazing!**

Repeat 4x.

ASK: Once you have your “I am” statement, how can you make it even stronger?

- Say it often.
- Look at yourself in the mirror when you say it.

ACTIVITY: Your choice how to complete based on age, skill set, and energy of your group whether to do this in circle or in small groups or individually after circle, but the goal is every child leaves with an affirmation mirror!

It should be personal/unique for each person so be sure to include each child in the process for their mirror. Use the markers to write their name on the back and their affirmation on the front. Encourage them to take it home and use it often.

AFFIRMATION – I am amazing. repeat 4X

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

SELF ESTEEM AFFIRMATIONS

Self-esteem affirmations are personal to you and the way you feel about yourself. Be sure to choose one or two that mean the most to YOU!

- I am awesome.
- I am amazing.
- I am great at...
- I am lovable.
- I am strong.
- I am powerful.
- I believe in myself.
- I am unique and that is a good thing.
- I am special.
- I have many talents.