



4-H VOLUNTEER INFORMATION SERIES

N e b r a s k a 4 - H Y o u t h D e v e l o p m e n t

Club Activity Idea: Self-Esteem

Outcome Area: ___ SET X Healthy Lifestyles X Life Skills ___ Career Development

Curriculum Area: Leadership

Specific Project (s): *Step Up to Leadership 1 and Character Counts!*

Description of Activity: Self-Esteem

Developing positive self-esteem in children is an important responsibility for all adults who interact with them. When children feel good about themselves, they are better able to resist negative influences in their lives.

Self-esteem is the value we place on what we believe to be true about ourselves; how we feel about ourselves; and /or an emotion we hold true about ourselves.

Age Level: 8 – 18 years old

Group Size: 10 and up

Time Involved: Preparation time: 10 Activity time: 30 minutes

Materials Needed:

- Chalkboard, Dry Erase Board, or Flipchart --- large enough to make a list large enough for everyone to see.
- Colored Paper
- Markers/Chalk

Activity:

- Using the writing materials, have youth list positive qualities or characteristics of people.
- Try to stay away from the “good at sports” answers and use characteristics like nice, trusting, friendly, fun to be around, friend, creative, long hair always smiling, etc.
- Once the list is made have youth pair up or work in groups of 3 to 4.
- Hand out a piece of paper and marker for each youth.

- Have youth draw a shape of their choice in the center of the paper and write the name of one of the people in their group inside the shape.
- Next have the youth write down positive characteristics about that person around the shape. Then, have them draw a line from the shape with the person's name to each word that is a characteristic of that person.
- Have them share their information.

Discussion Questions

- How did it feel to say positive things about someone?
- How did it feel to have someone say positive things about you?

Discuss

Self-esteem comes from inside---from knowing yourself and the kind of person you are. Self-esteem is learned and earned. Self-esteem is the result of being proud of yourself for your actions, and also for the person you are. Gandhi once said that people, "often become what they believe themselves to be. If I cannot do something, it makes me incapable of doing it. But, when I believe I can, then I acquire the ability to do it even if I didn't have it at the beginning."

- Would it have been **easier** or **harder** for you to list what **YOU** thought your positive qualities are? Why?
- Why is it important that you can identify your own positive characteristics?

Discuss

10 reasons why you need self-esteem.

1. You're more likely to take positive risks. You know you might fail, but you also know you might succeed.
2. You're less likely to take negative risks. You respect yourself too much to put yourself in danger.
3. You're more likely to resist negative peer pressure.
4. You're less likely to go along with the crowd just to fit in.
5. You're strong. You can cope with the changes and challenges of life.
6. You're resilient. You can bounce back when life pounds you down with problems, disappointments or failures.
7. You set goals for yourself and strive to reach them.
8. You feel free to explore your creativity and make the most of your talents, skills, and abilities.

9. You can let yourself be happy because you know you're worth it.

10. You have a positive attitude toward life.

- What did you learn about yourself that will help you in the future?
- What are some opportunities that can help you increase your positive qualities and self-esteem?

Examples: involvement in committees, being club officer, presenting a demonstration, participating in community service, exploring different 4-H projects, recognizing others' efforts and accomplishments.