

Slam Dunk Self-Esteem Activity⁵

Goals

- To explore elements of self-esteem.
- To practice positive self-talk and recognize positive self-reflection.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1 5.1.3 Identify behaviours that promote health and wellness.*

Guidance Education *GLOs under Personal/Social Component.*

Physical Education

- *K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.*
- *K.4.S1.B.2b Identify appropriate social behaviours for developing meaningful interpersonal relationships.*

Have Ready

- Write the “5 Steps to Building Self-Esteem” on the board or reveal the flipchart with the steps written on it (just the bolded parts) briefly go through each step using the information below each bullet.

Instructions

- Choose five Slam Dunk statements and write them on the board or reveal a flipchart with them on it.
- Hand out a sheet of paper and a pen or a pencil to each youth.
- Ask youth to choose at least one question and to write their answer on the blank sheet of paper.
- Once everyone has finished, ask youth to take turns sharing their answers (but remind them that sharing is voluntary). After each

⁵Adapted from *Man to Man: A Tool-kit for Delivering Workshops to Men and Boys about Reducing Sexual Assault*, accessed September 5, 2018.

participant has read their answer, invite them to crumple up their sheet of paper and slam dunk it into the container or basket (or bag if nothing else).

Sample Flipchart

Five Steps to Building Self-Esteem

These are some steps that can be helpful in building self-esteem:

- **Value yourself and value others**
Identify the qualities you like about yourself and remind yourself of them often. Learn to forgive yourself for mistakes you have made in the past. Keep your promises to yourself. Be kind to yourself, don't expect perfection.
- Communicate your feelings and thoughts honestly and directly. When you appreciate your own worth, it is easier to respect the worth of others. Accept other people for who they are. Try not to control someone else.
- **Get connected**
Connecting is about both caring and feeling cared for. Look at the people, places or things around you that mean something to you and find positive examples of mutual and supportive relationships. When you are alone, use the time to enjoy yourself rather than just existing until you can be with others.
- **Use positive thinking**
Be aware of your thoughts and your negative self-talk such as blaming, criticizing or comparing. Counteract negative thoughts with positive ones. If you say, "I'm sick and tired of this," add, "so I'm going to change this." Free yourself from "should've," and believe you can do it. Practice making decisions flexibly but firmly, and trust yourself to deal with the consequences. Take chances, make decisions, solve problems and feel good about trying something new.
- **Live in the moment**
When you are feeling stressed, ask yourself, "Am I okay at this

very moment, this very second?” Even in the most difficult times we are usually okay second by second – it’s when we let ourselves get caught up in the past or the future that we tend to feel overwhelmed. Understand that, “This too shall pass.”

- **Be active**

Studies show that when people get out and do things, especially something physically oriented, they feel better (especially the next day). So find something that you like that feels good for your body and do it!

Slam Dunk Statements

(Select 5 for youth to choose from.)

- Something I do better than most people
- A skill or ability I would like to improve or work on
- A time that I handled a conflict in a positive way
- A time I turned a setback into a triumph (success)
- Something that I am proud of
- Three of my best qualities
- An important relationship in my life and why
- For me, the key to feeling good about myself is...
- Something I am really good at is...
- A promise I made to myself and have kept
- A talent I would like to develop this year
- What I would like to have written on my tombstone
- Something that I want to be complimented on
- An important achievement in my life
- Ways that I show respect for myself
- The most difficult thing I have accomplished
- Things I do for self-care
- An important life lesson I have learned and why
- What I would try if I knew I could not fail
- What I would regret not having done if my life were ending
- The best thing I have ever done for myself
- The best thing I have ever done for another person