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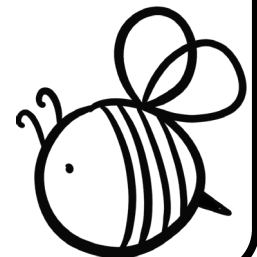
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Self-esteem Intervention

Planning Booklet

ELSA support

SELF ESTEEM GROUP PLANNING

A general primary intervention with all paper resources included

Self-esteem Intervention

Session 1
Session 2
Session 3
Session 4
Session 5

Learning objectives: I can tell you about my strengths.

Success criteria: I can tell you about my strengths and characteristics.

Key vocabulary: strengths

Warm-up activity
3-5 minutes

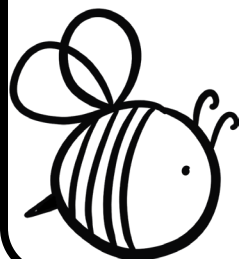
Main activity
15-20 minutes

Plenary
5 minutes

Reflection
5 minutes

Exit ticket
5 minutes

Resources
Emotion Mats, Circle time mats, A3 sheets of paper, M&A blocks, pens, String/Thread, Rainbow worksheet, Reflection booklet, Coloured pencils.

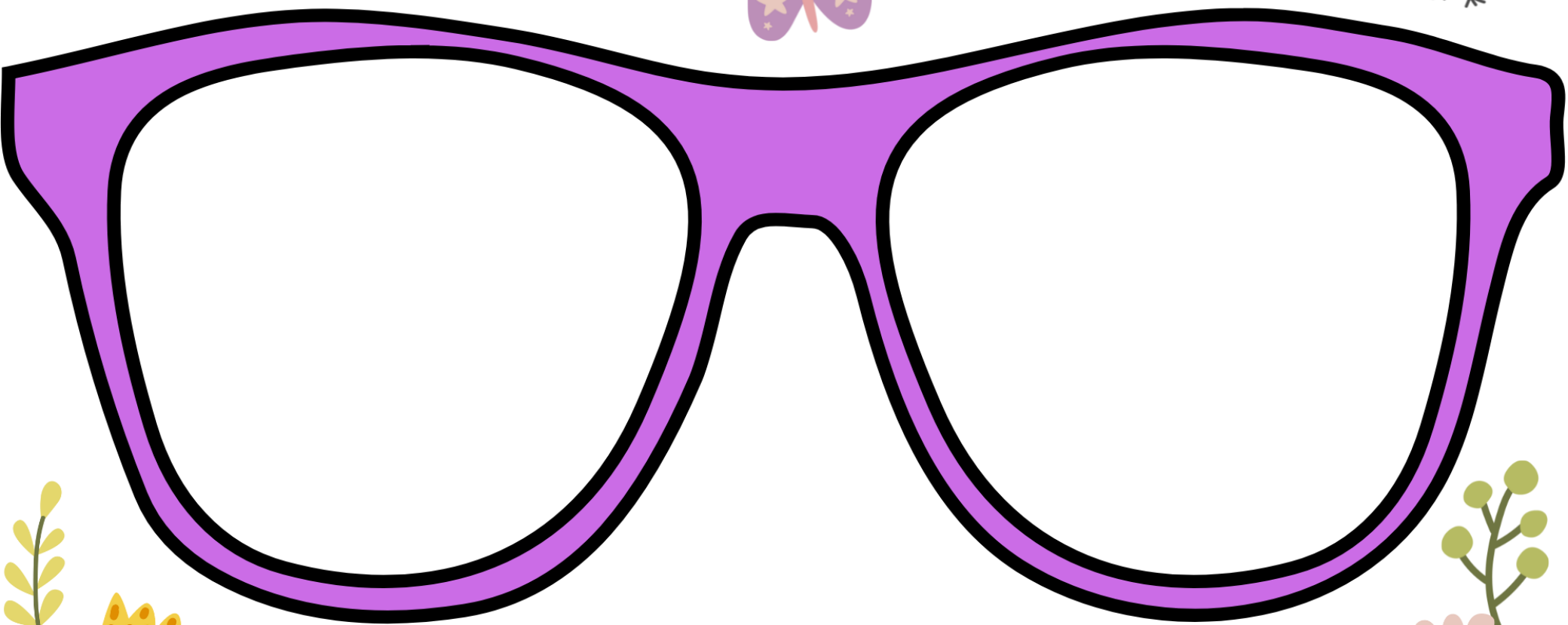


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How do you see yourself?



What qualities do you have?

Draw pictures of yourself in the glasses doing amazing things

