

Three Things I Love About Me

Grade Three & Four



Build self-esteem by encouraging students to focus on their positive qualities and recognise the things they love about themselves.



Learning Intentions

I can identify and appreciate my own positive qualities:

Students will focus on their strengths, talents, and positive traits to enhance their self-esteem.

I can reflect on my accomplishments and personal qualities:

This activity encourages students to reflect on what makes them unique and valuable.

I can practice self-love and positive thinking:

By writing about things they love about themselves, students will develop a habit of focusing on the positive and build confidence.



Success Criteria

I can identify three things I love about myself:

Students will write down three positive aspects of themselves, whether related to talents, traits, or accomplishments.

I can reflect on why these qualities are important to me:

Students will think about why they value these qualities and how they contribute to their sense of self.

I can explain how focusing on my strengths can help me feel better when I'm feeling down:

Students will recognise the importance of self-love and how positive thinking can improve their mental well-being.



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Objective:

Build self-esteem by encouraging students to focus on their positive qualities and recognise the things they love about themselves.

Materials Needed:

- Paper or a printed worksheet for the task.
- A pen or pencil for writing.

Setup:

- Provide students with a sheet of paper or journal to write down their responses.
- Explain that the goal of the activity is to focus on the positive aspects of themselves, helping to build confidence and self-esteem.

Instructions:

1. Write About Three Things You Love About Yourself:

Think about your talents, qualities, or accomplishments that make you proud. Write down three things you truly love about yourself. These can include:

- Personal strengths (like being kind, hardworking, or a good listener).
- Talents or skills (such as being good at a sport, drawing, or helping others).
- Accomplishments (anything you've achieved, big or small).

2. Reflect on Your Qualities:

For each of the three things you love about yourself, take a moment to think about why they are important to you and how they contribute to who you are. What makes these things special? Add any additional notes you feel are important to your qualities above.

3. Answer the Reflection Prompt:

After identifying three things you love about yourself, reflect on the following questions:

- Why is it important to love yourself?
- How can you remind yourself of these qualities when you're feeling down or discouraged?

Reflection Prompt:

- Why is it important to love yourself?
- How can you remind yourself of these qualities when you're feeling down?



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Closing the Activity:

- Once students have completed their reflections, they can choose to share one thing they love about themselves with the class (if they are comfortable).
- Encourage students to keep their lists in a safe place where they can revisit them whenever they need a boost of confidence.
- Reinforce the importance of focusing on their strengths and embracing their unique qualities.

Variations:

- Positive Affirmation:** Have students create positive affirmations based on the three things they love about themselves. They can use these affirmations whenever they need encouragement.
- Group Activity:** In small groups, students can share one positive thing they love about themselves with each other, building a supportive and positive atmosphere in the group.
- Family Edition:** Students can share their reflections with family members and encourage them to share their own strengths and positive traits.

Additional Notes:

This activity is designed to help students develop a habit of practising self-love and appreciating their strengths. By focusing on their positive qualities, students learn to boost their self-esteem and foster a healthy relationship with themselves.