Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Who am I, really?**	Students meet the group, build agreements and map the pieces of who they are, beyond grades, looks or followers.	
2	**My strengths**	Students name their personal strengths, find evidence for them and practice owning a compliment.	
3	**Inner critic, inner coach**	Students notice harsh self talk and practice talking to themselves the way a good coach or friend would.	
4	**The comparison trap**	Students understand how comparison, especially online, affects self esteem and practice comparing with their past self instead.	
5	**Mistakes and self compassion**	Students learn to treat mistakes as part of learning and to respond to themselves with kindness instead of shame.	
6	**Body respect and media messages**	Students question media messages about looks and practice respecting their bodies for what they do, not only how they look.	
7	**Confidence in action**	Students learn that confidence grows by doing brave things, then plan a brave step ladder of their own.	
8	**My future self and support map**	Students describe the person they want to become, map their support, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 to 20 min, wrap up 5 min.

Check in every week

Start each session with a quick confidence rating from 1 to 10.

Keep it real, keep it private

Use real situations students bring, but no names of peers outside the group.

Session 1: Who am I, really?

Lesson plan for the group leader

Goal

Students meet the group, build agreements and map the pieces of who they are, beyond grades, looks or followers.

Materials

Group agreements page, pre group check, colored pencils, sticky notes

Opener 5 min	Two truths and a wish: each student shares two true facts about themselves and one thing they wish more people knew about them.
Teach 10 min	Explain the group: a place to build the kind of confidence that comes from knowing and respecting yourself, not from being perfect. Teach that self esteem is how you see and value yourself, and that it goes up and down, especially in middle school when bodies, friends and expectations change fast. Healthy self esteem is not thinking you are better than others; it is believing you matter and can handle hard things. Identity has many pieces: interests, values, culture, family, skills, personality and the things you care about. Build agreements together (listen, respect, keep it private unless someone is unsafe, no names of students outside the group, it is okay to pass, phones away).
Practice 15 min	Identity map: students fill in the pieces of who they are on the student page, then circle the two pieces they are proudest of and share one with the group.
Wrap up 5 min	Each student signs the agreements and shares one word that describes them. Complete the pre group check.
Take home	Ask someone at home what they think one of your best qualities is. Write it down.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Name _____ Date _____

Session 1: Who am I, really?

You are more than your grades, your looks or your followers

My name _____ Grade _____

My identity map

Things I love doing

Things I care about (my values)

My people (family, friends, culture, community)

Things I am good at

Words that describe my personality

Something people might not know about me

Value ideas: family · kindness · honesty · fairness · creativity · faith · loyalty · learning · fun · courage · helping others · independence

The two pieces of me I am proudest of

What someone at home said is one of my best qualities

Healthy self esteem is not thinking you are better than others. It is believing you matter and you can handle hard things.

How I feel about myself today 1 2 3 4 5 6 7 8 9 10

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Middle School Self Esteem Group Curriculum: Real Me Small Group

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

Get it on Etsy

etsy.com/listing/4607685184 | instant digital download

See every page first: lotustulip.com/middle-school-self-esteem-group-curriculum.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.