Self Esteem Group Steps

Strengths, a kind inner coach, trying, and repair.

Name: _____ **Date:** _____

1. Safety first

Crisis, bullying or harm? Get help first.

2. Agreements

Build a try-it room. Passing is allowed.

3. What it is

Strengths, fairness, trying. Not a contest.

4. Strengths

Name what you can do, with proof.

5. Inner coach

A kind voice that is still honest.

6. Process praise

Praise the try, the strategy, the kindness.

7. A real try

Do something slightly hard. Notice how.

8. Repair

Come back after a miss. Be a friend.

9. Review

What worked? What will I try next?

What this group is and is not

Practice for strengths, a kind inner coach, trying and repair.

Is Skill practice for groups	Strengths, coach voice, trying, repair
Is not Not a treatment by itself	A diagnosis, a cure, empty praise
Care Get help if a child is not safe	Counselor, family, 988 if unsafe

Skill practice aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If someone is being bullied or is not safe, tell a trusted adult now.

Not affiliated with ASCA, CASEL or any named counseling program.

My Strengths and Inner Coach Plan

What I can do, what I tell myself, what I will try.

Name: _____ **Date:** _____

My strengths, with proof

A strength I can name: _____

Proof I have (what I did or who noticed): _____

Another strength, with proof: _____

Something that is still hard for me: _____

My inner coach and a try

My inner critic often says: _____

My inner coach can say instead: _____

A permission I give myself: _____

A slightly hard thing I will try: _____

After I try, I can tell myself: _____

Belonging, repair and next step

A person who helps me belong: _____

If I make a mistake I will: _____

A value I want to show this week: _____

One way I will show that value: _____

What I learned, and what I will try next: _____

Notes: _____

Crisis: 988 · HOME to 741741 · 911 · Tell a trusted adult if you are not safe

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

Original layout by Lotus & Tulip, based on published self esteem research. Not therapy.

Self Esteem Practice Log

What I tried, what helped, what I will try next.

Name: _____ **Date:** _____

Day	Situation	Skill I used	What helped	Next try
1				
2				
3				
4				
5				
6				
7				

Self esteem pocket cards (cut out)

Safety 988 · HOME · 911	Agreements Pass is allowed	Strengths Name it with proof
Inner coach Kind and still true	Kind sentence Rewrite the harsh line	Try it Something slightly hard
Process praise What I did, not a trait	Repair Come back, try again	A value Show it in one action

Not a treatment. 988 · HOME 741741 · 911 · Tell a trusted adult if you are not safe

Wins I noticed this week:

L&T

Lotus & Tulip

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Self Esteem Small Group Curriculum for Elementary School Counselors

Holiday sale on Etsy until Dec 2: about $11.04, was $14

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