

Self Esteem Bubble

Write some your strengths and best qualities inside the bubble.

Include anything that you are good at or proud of.

Then, write down people who support you, like your friends, family, or teachers.

On the outside of your bubble, write some things that might hurt your self esteem.

This can include when someone hurts your feelings or pressures you.

Next time you feel like someone is trying to burst your self esteem bubble,

take a deep breath and remember all your qualities and the people

who are with you in your self esteem bubble!!!

