



5 Day Self-esteem Challenge

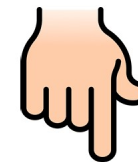
#elsafreefriday

Terms for using this resource

Please do not copy or share this resource in any format,
including the internet.

Please direct people to the website so they can download their
own copy.

Thank you for your co-operation on this.



Click the picture for more
self esteem resources

[ELSA Website](#)

[ELSA Facebook Page](#)

[ELSA Twitter](#)

[ELSA Facebook TA Group](#)

[ELSA Pinterest](#)

[ELSA Parent group](#)

Instagram: elsa_support

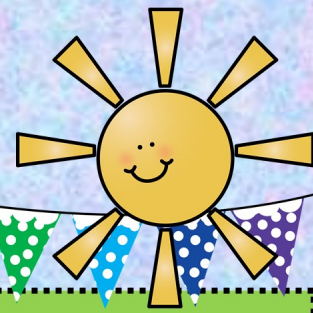
Facebook ELSA Secret Group: Contact info@elsa-support.co.uk
for your invitation



Clip Art Credit



5 DAY ELSA SUPPORT SELF ESTEEM CHALLENGE



Drawing or writing task –

Draw a picture of you then name 5 things you like about you

Talking or doing task –

Tell someone about one of the things you like about yourself

Day 1

Drawing or writing task –

What makes you feel happy?

Talking or doing task –

Do something today that makes you feel happy

Day 2

Drawing or writing task –

What are you grateful for?

Talking or doing task –

Do something nice for someone today

Day 3

Drawing or writing task –

What are your strengths or talents?

Talking or doing task –

Give someone a compliment

Day 4

Drawing or writing task –

If you could have one wish, what would it be?

Talking or doing task –

Try something new today – a food, a drink, a game or a sport?

Day 5



Day 1



This is me



Things I like
about me



1.

2.

3.

4.

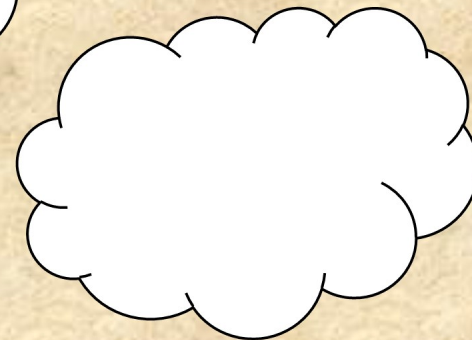
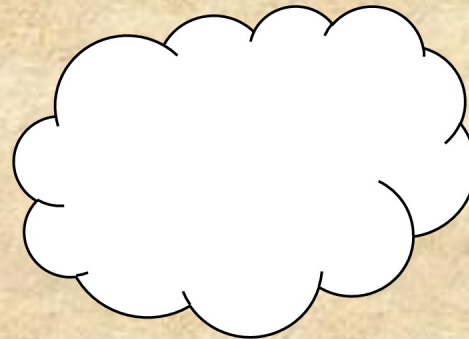
5.

These things make
me feel happy



Day 2

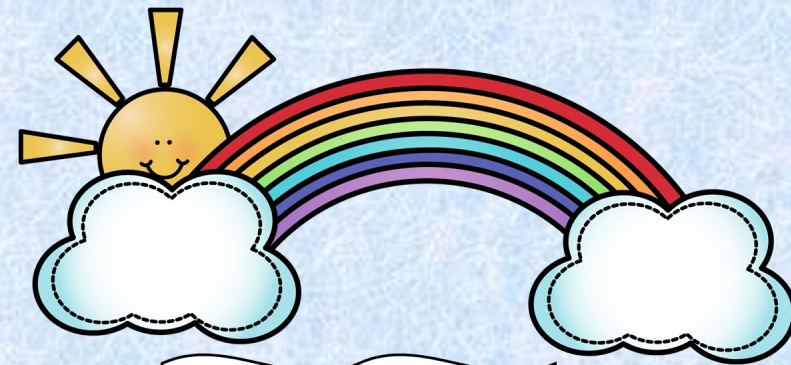
These things make
me feel happy



I am grateful for
these things...



Day 3



I am grateful for
these things...

A large, empty speech bubble with a white fill and a black outline, intended for a child to write their response.A second large, empty speech bubble with a white fill and a black outline, intended for a child to write their response.

Day 4

These are my
strengths and talents



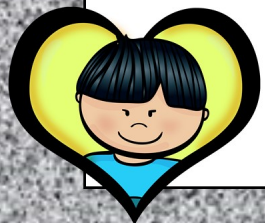
1.

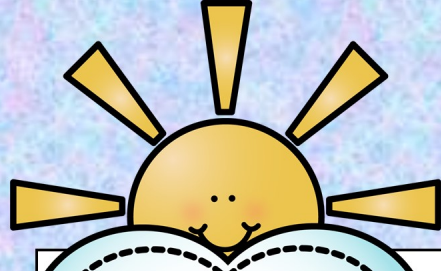
2.

3.

4.

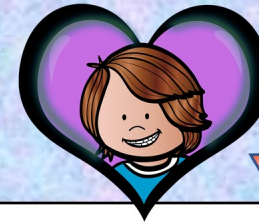
5.





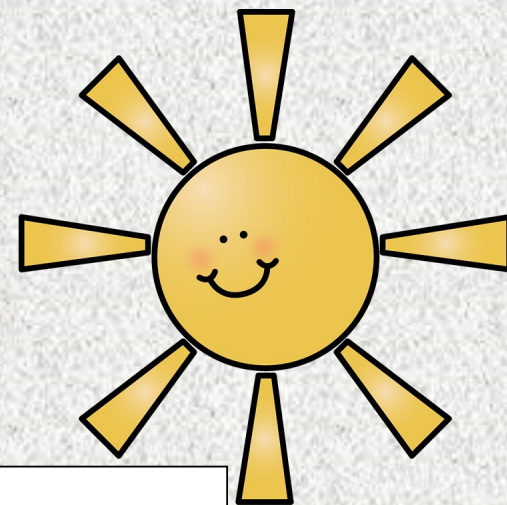
This is
what I wish
for...

Day 5





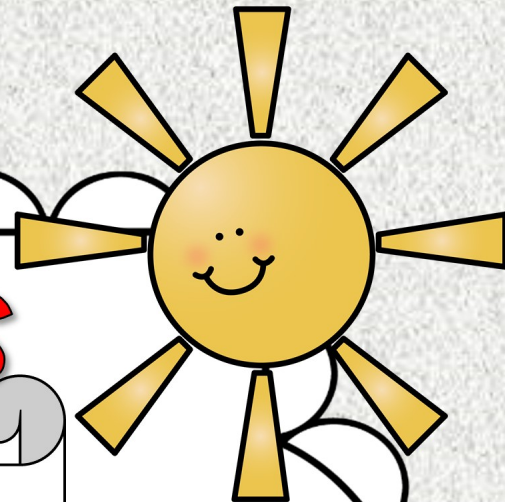
Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS



ON COMPLETING THE ELSA SUPPORT
SELF-ESTEEM CHALLENGE

Signed: _____

Date: _____

