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# The Lifeskills Series

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## Self Esteem and Values

Sample

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## Activity 1

# In Touch With Your Feelings

### Feeling Unhappy?

Have you ever felt like not wanting to leave the house? Have you ever felt like yelling at someone? Have you ever been so angry that you felt like your head was going to explode?

### Feeling Happy?

Have you ever been so happy that you felt like telling the whole world?

Maybe you DID tell the whole world? Maybe you hugged someone you didn't even know! Maybe you forgot about every other thing in the whole world – just for a minute!

### Feeling Sad?

Ever felt so sad about something that it was all you could think about?

Maybe you wanted to cry, maybe you wanted to talk to someone, maybe you just wanted to be alone.

### Feeling Scared

Ever felt so scared that you got a funny feeling in your stomach? Maybe you started shivering, maybe you felt tense, maybe you thought your heart was going to jump right out of your chest?

#### Does any of this sound familiar to you?

Well guess what? This means you're normal!

From time to time EVERYONE feels strong emotions and this is OK. What is important is the way in which you DEAL with your emotions.

You may have been HAPPY because you won something, or maybe you got a new baby brother or sister! Maybe you scored the highest marks in a test or maybe you got to go on an overseas holiday!

#### How did you show or express your feelings?

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

You may have been UNHAPPY when someone let you down, perhaps you were hurt in an accident or maybe someone just annoyed you, for no reason!

#### How did you show or express your feelings?

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

You may have been SAD when you lost something. Maybe someone close to you died, or maybe you just thought that there was nothing to be happy about

#### How did you show or express your feelings?

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

You may have been SCARED when you were left alone, or when other kids were bullying you or when the family car ran out of petrol in the middle of nowhere ... in the dark!

#### How did you show or express your feelings?

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

#### HOW DO YOU FEEL MOST OF THE TIME?

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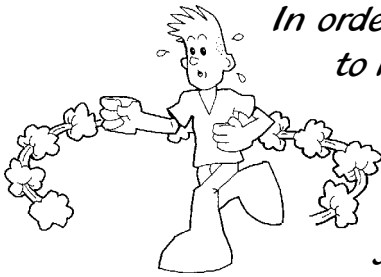
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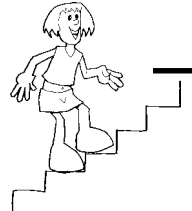
## Activity 5

# Learning About Me



*In order for me to be happy, I need to know all about me. I need to know what things will make me feel happy and what things will make me feel proud of myself. If I know myself then I can begin to set goals and think about what I want to achieve in life. If I don't know myself then I may find I am just running around in circles with no direction in life at all!*

### What do you think about ...?



**Find the best word for each statement below.**

You may like to choose more than one. Circle the best word:

School is ...	fun	boring	easy	hard	exciting	scary	cool
Weekends are ...	great	boring	happy	sad	lonely	short	interesting
Sport is ...	fun	easy	hard	boring	scary	scary	embarrassing
Maths is ...	hard	dull	stupid	fun	easy	annoying	daggy
Cockroaches are ...	pretty	beautiful	creepy	ugly	dirty	tasty	interesting
My friends are ...	caring	messy	funny	sad	silly	happy	clever
My pet is ...	messy	stupid	cute	loving	scary	friendly	happy
My family is ...	friendly	crazy	loud	grumpy	daggy	happy	quiet

My favourite subject at school is: \_\_\_\_\_

My favourite sport that I like to participate in is: \_\_\_\_\_

My favourite sport that I like to watch is: \_\_\_\_\_

My favourite hobbies are: \_\_\_\_\_

My favourite book is: \_\_\_\_\_

My favourite movie is: \_\_\_\_\_

My favourite music is: \_\_\_\_\_

My favourite singers are: \_\_\_\_\_

My favourite place to relax is: \_\_\_\_\_

My favourite thing to do when I relax is: \_\_\_\_\_

My favourite friends are: \_\_\_\_\_


On my birthday I like to: \_\_\_\_\_

If I could wish for anything, it would be: \_\_\_\_\_

My ideal holiday would be: \_\_\_\_\_



**Activity 9****Someone to Look Up To**

 Read about some of the great achievers in our world. You may like to focus on someone from history or you may want to study someone who exists in today's world. You may even like to choose from the list of achievers below.

- |                      |                         |                        |
|----------------------|-------------------------|------------------------|
| • Nelson Mandela     | • Cathy Freeman         | • Sir Donald Bradman   |
| • Stephen Hawking    | • Alexander Graham Bell | • Albert Einstein      |
| • Neil Armstrong     | • Helen Keller          | • Ludwig van Beethoven |
| • Sir Edmund Hillary | • Delta Goodrem         | • Ian Thorpe           |
| • Nicole Kidman      | • Captain James Cook    | • Bill Gates           |



**Check out these websites:**

Australian Achievers ▶ [www.teachers.ash.org.au/jmresources/achievers/australian.html](http://www.teachers.ash.org.au/jmresources/achievers/australian.html)

New Zealand Achievers ▶ [history-nz.org/famous.html](http://history-nz.org/famous.html)

Biographies: ▶ [www.ajkids.com](http://www.ajkids.com) (Type in Biography and see where it takes you!)

Extra: ▶ [www.homeworkhotline.com/Biographies.htm](http://www.homeworkhotline.com/Biographies.htm)

**Complete the report below**

**Name of person:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_

**Nationality:** \_\_\_\_\_

**Brief background:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Major life achievements:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Significant points:** (e.g. difficulties they have had to overcome, problems in their career, motivations for their goals)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I respect this person because:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Activity 14

# This is Your Life (1)

☞ Do you know what you want to achieve in life? ● Do you want to be really good at something? ● Do you want to be able to do a particular thing? ● Do you want to make a lot of money? ● Do you want to travel and see the world? ● Do you want to help other people who aren't as lucky as you?

The answers to these questions are all things that will affect the types of choices you might make in life. You can change the things you want, you just have to remember to have a clear idea about what it is that you want. If you don't know what you want, how can you hope to get it?

**Look at the kids below. They all have different goals.**



It is important to make goals for the short-term and goals for the long-term. Short-term goals include things we might be able to achieve this week or this month that will lead to achieving a long-term goal. Long-term goals are things we will take much longer to achieve. You might achieve these goals in a year or by the time you grow up to be an adult.

The kids above have told you their long-term goals. Their short-term goals might be ...

### Look at the Goals below:

- ① Underline the *short-term* goals in GREEN.
- ② Underline the *long-term* goals in RED.
- ③ Then, match up the short-term goal with a long-term goal.



- |   |   |
|---|---|
| I want to be a motor cross champion.    | I want to be a mechanic                                 |
| I want to start tennis lessons.         | I want to get 100% in the maths test.                   |
| I want to play keyboards in a band.     | I want to win the junior tennis championship.           |
| I want to star in the school concert.   | I want to save money for a bicycle.                     |
| I want to run a marathon.               | I want to be a school gardener.                         |
| I want to be a mathematician.           | I want to climb the rock wall at the recreation centre. |
| I want to plant some vegetable seeds.   | I want to run around the oval five times.               |
| I want to find out how an engine works. | I want to start piano lessons.                          |
| I want to climb Mount Everest.          | I want to be an actor on Home and Away.                 |
| I want to do a first aid course.        | I want to be a doctor.                                  |