

# What I Am!

This self-esteem building activity helps a client learn how their positive attributes form who they are through a visual aid. A therapist can use and modify the activity to fit any age.

## Materials:

- Paper
- Writing utensil
- Glue
- Tape

## Complete the Activity:

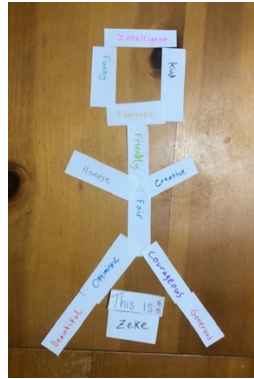
Step 1: Challenge the client to write down 12 words that positively describes their personality.

Step 3: Have the client cut the words out into rectangular pieces.



Step 4: Work with the client to create a stick figure with the 12 small cut outs.

# What I Am!



Step 5: Have the client write a quick explanation of what they have observed about themselves.

Step 6: Spend time providing the client with inspiration and positive reinforcement. Problem-solve plans ways that they will view their “person” and notice all of the positive things about themselves.

### *End of Activity options:*

- Have the client create another word person utilizing a member of their family.
- Encouraged the client to practice their problem-solved plan throughout the next few weeks.

### *Quick clinical tags to add to your notes:*

- Taught the client ways to view positives in themselves.
- Worked to teach techniques that will help the client learn the importance of being confident.
- Reframing negative thoughts and feelings about themselves and assisting them to think positively.
- Positive communication skills