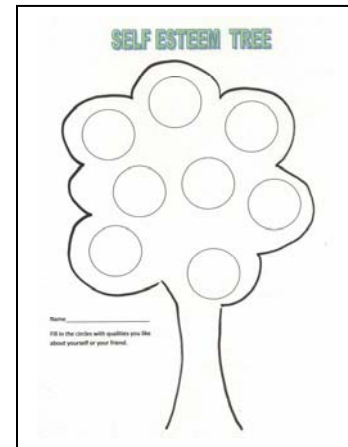


## The Tree of Self Esteem Game

**Description:** This game uses an activity handout to identify personal strengths. This game can be used in the *Learning Stage* of the *Sense-ability Group* or in other skill building groups.

**Objective:** The goal of the game is to help to build self esteem. Participants discover their strengths and good personal qualities as group participants fill in the “fruits” on the tree with positive comments and things they like about the person.

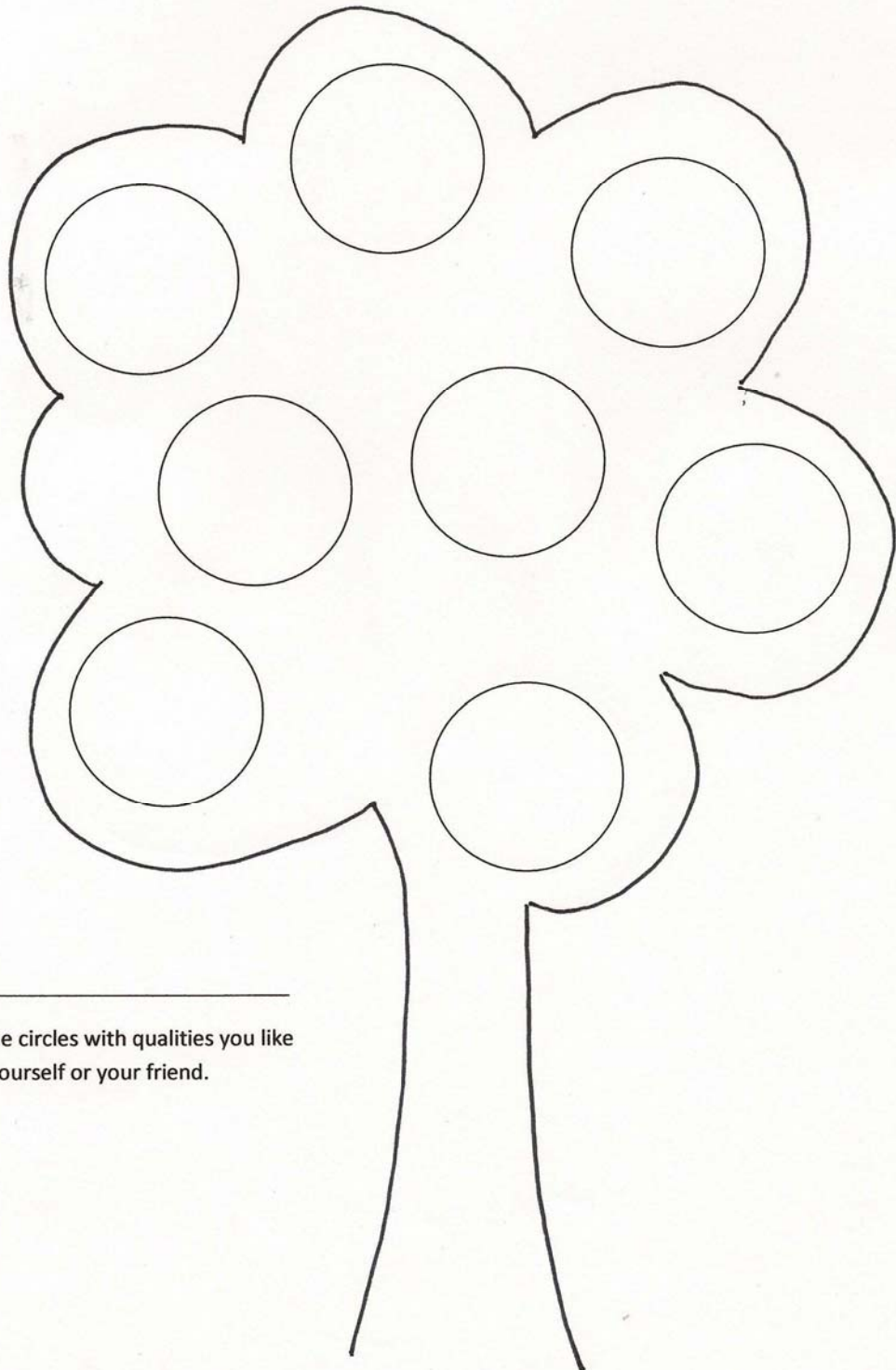


**Materials:** Pencils and activity handout of the *Self Esteem Tree* for each group participant and the group leader.

**Directions:** Leader begins by introducing the concept of personal strengths and positive qualities by asking participants to mention qualities that they value in a good friend. Since most of the participants will know something about the leader, an easy way to begin is for people to provide ideas of positive characteristics in the leader. The leader writes his or her name on the activity sheet. Depending on the cognitive abilities and reading skills of the group, the leader can ask for suggestions and fill in the circles or the sheet can be passed around for group members to fill in with positive qualities. Each person is encouraged to fill in one of the circles with a trait they like about themselves. Ideas can be as simple as “dresses neatly,” or “caring” or “good sense of humor.” One by one the Trees are completed for each person in the group. Participants are encouraged to take the completed activity sheets as reminders of their positive qualities.

**Discussion:** When people are not feeling well or struggling with symptoms of negative thinking and other mental health issues, it is sometimes difficult to remember their good qualities. Likewise, children and adolescents having problems with behavioral problems or depression often feel bombarded with negative feedback from others and lose sight of their personal strengths. This activity seems so simple, yet it can have a profound impact on people who need to be reminded about their positive qualities. Copies of this activity sheet were found in patients’ rooms long after they completed it in a group.

# SELF ESTEEM TREE



Name \_\_\_\_\_

Fill in the circles with qualities you like about yourself or your friend.