

# Three Things I Love About Me - Levels C & D

WRITTEN

To build self-esteem by encouraging students to reflect on and celebrate three positive qualities, talents, or accomplishments they value about themselves.



## Learning Intentions

### Identify my strengths:

Students aim to identify three things they love about themselves.

### Reflect on my qualities:

Students aim to think about why their personal strengths are important.

### Practise self-love:

Students plan to remind themselves of these qualities to feel confident and positive.



## Success Criteria

I can name three things I love about myself.

I can explain why these qualities matter to me.

I can use these strengths to help me feel better when I'm feeling down.



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**Duration:** 10–15 minutes

## **Objective**

To build self-esteem by encouraging students to reflect on and celebrate three positive qualities, talents, or accomplishments they value about themselves.

## **Players**

Individual reflection with optional group or family sharing.

## **Materials**

- Paper or worksheets
- Pencils or coloured pencils

## **Setup**

- Provide students with a sheet of paper or a notebook.
- Explain that this activity is about celebrating the good things about themselves to grow confidence and self-love.

## **Gameplay / Activity Steps**

### **Step 1: Write or Draw Three Things**

- Students think about three things they love about themselves.
- Examples could include:
  - Personal strengths (kind, funny, brave).
  - Talents or skills (good at sport, drawing, or helping friends).
  - Accomplishments (something they've achieved, big or small).

### **Step 2: Reflect on Their Importance**

- For each quality, students write or draw why it matters to them.
- Example: "I love that I'm kind because it helps me make friends."

### **Step 3: Connect to Positivity**

- Students reflect on how remembering these qualities can help when they feel sad or discouraged.

### **Step 4: Share (Optional)**

- Students may choose to share one thing they love about themselves with the class, group, or family.
- Encourage respectful listening and celebration of each other's strengths.



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## Reflection Prompts

- “Why is it important to love yourself?”
- “How can you remind yourself of these qualities when you feel down?”
- “How do these qualities make you special?”

## Winning the Game

There are no winners. The goal is to celebrate strengths, practise self-love, and build a habit of focusing on positive qualities.

## Variations

- **Positive Affirmations:** Students turn their three qualities into affirmations (e.g., “I am kind. I am creative. I am strong.”).
- **Group Activity:** Students share one quality with a small group to build a positive and supportive atmosphere.
- **Family Edition:** Students complete the activity with family members and invite them to share their own strengths.

## For Wheelchair Users / Accessibility

- Students can express their ideas by drawing, writing, speaking, or using assistive technology.
- Provide options like stickers, symbols, or digital tools for students who need alternatives.
- Ensure sharing time is inclusive and allows multiple forms of contribution.

## Notes for Inclusion

- Accept answers in any format (words, drawings, symbols).
- Provide prompts or sentence starters such as:
  - “I love that I am...”
  - “I feel proud when I...”
  - “One thing I do really well is...”
- Celebrate each student’s contribution to create a safe and supportive classroom culture.

