



Self-esteem / Self-confidence

Title of the game

Letter of Self-Affirmation

Students increase their self-esteem, strengthen their self-confidence and foster a positive attitude towards life.

Recommended age for this game:

11+

Duration:

20-45 min



Number of Students:

10-20

Game Use:

In the classroom/
Online



Instructions:

Reflect on your strengths and achievements: Before starting, students should take some time to reflect on their past achievements, personal strengths and situations in which they have been proud of themselves.

Students will write a letter beginning with a kind greeting to themselves and then write positively about themselves. They will recognise their achievements, strengths and qualities that make them unique.

As well as reflecting on the past, it is important that they look to the future. They will describe in their letter the goals they would like to achieve and how they imagine themselves achieving them.

Close the letter with words of encouragement and motivation. Remind yourself that you are capable of facing whatever challenges lie ahead.

Materials:



Paper and pencils
Computer in the case of doing the activity online.

Tips for the game:



Once students have finished writing their letter, they will take the time to read it frequently. They can keep it in a place where they can easily access it.

- After each person has shared their letter, encourage the rest of the group to offer positive and supportive feedback.

Reflective questions for students:



- What are some qualities or achievements of yours that make you proud?
- What are the qualities or achievements that you find most difficult to recognise in yourself?
- How do you think this activity might impact your self-esteem and self-confidence in the future?