



All About Me: A Self-Esteem Worksheet for Kids

Seven activities about you. You can draw or write. There are no wrong answers, and nobody is marking it.

01 How do I feel about me today?

Colour in a number. How do I feel about myself today?



Not good

Really good

One word for how I feel today:

02 This is me

Draw a picture of you doing something you love. Or write about it.

Draw or write: me doing something I love

03 Things I'm good at

Big things and small things all count. Being kind, being funny, drawing, football, making friends laugh, looking after a pet, building things.

I'm good at...

1.

2.

3.

4.

5.

04 What other people like about me

What do your friends, family or teacher like about you? If you get stuck, ask one of them.

People like it when I...

1.

 2.

 3.

 4.

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05 A time I kept trying

Think of something that was hard at first. Maybe riding a bike, a times table, a new game or making a new friend.

Draw or write: the time I kept trying

How I felt when I kept going:

06 Kind things I can say to myself

Sometimes our heads say unkind things to us. We can answer back kindly, like we would to a friend. Tick the ones you like.

- ☐ I can try again.
- ☐ Everybody makes mistakes.
- ☐ I'm still learning.
- ☐ I did my best.
- ☐ It's OK to feel sad sometimes.
- ☐ I'm a good friend.

When my head says...

e.g. 'I can't do it'

I can say...

e.g. 'I can't do it yet'

07 People who help me

Who can you talk to when you feel worried or sad? Family, a teacher, a friend, a club leader, anyone you trust. If you live in the UK, you can also call Childline free on 0800 1111, any time, day or night.

People who help me:

1. _____
2. _____
3. _____
4. _____

If I feel worried, I can tell...

When you're done, a moment to reflect

- What was your favourite part of this worksheet?
- What would you say to a friend who thought they weren't good at anything?
- What's one thing you'd like to get better at, and what's the first small step?

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.