

Self Esteem

What can you do better than adults can?

Show or tell.

Are you going to be as good at it when you're an adult?

Explore your feelings and emotions.

SELF ESTEEM
SELF-COMPASSION
RELAXATION
BODY AWARENESS
FEELINGS
FUN
DREAMS

Dreams

Soar like an airplane.
If you could travel anywhere you wanted,
where would you go?
Shout out your destination!

Self-Compassion

You are your own best friend. What would you like to do or say to your best friend?

Eastertoun Primary School & ELC
Empowerment 3

Choose to do a couple or choose to do them all.

Fun

Twist and turn your body.

Relaxation

Go in the most comfortable position you like to be in. Close your eyes and listen to your breathing. Does it make a noise?

Body Awareness

Dance with the forces of nature:
sometimes the wind is soft, sometimes there's a hurricane.

Feelings

If JOY was a move. What would it look like?

Move joyfully and shout:
"I FEEL JOY!"