

Self Esteem

Jump high to the sky and shout out loud
"I'm a star!"

Explore your feelings and emotions.

SELF ESTEEM
SELF-COMPASSION
RELAXATION
BODY AWARENESS
FEELINGS
FUN
DREAMS

Dreams

If you could move in whatever way you
wanted, what would you do?

Imitate that movement as best as you can.

Self-Compassion

Move slowly like a sloth. Pay attention to how
well your body operates and moves. Every
muscle and joint does what you ask it to do.
Say "Thank you" to your body

Eastertoun Primary School & ELC
Empowerment 4

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

Fun

Do a fake laugh.

Relaxation

Lie down comfortably. Place your hands on
your heart and close your eyes. Feel your
heart beating, happy and strong!

Body Awareness

Stretch yourself to be as tall as you
can. Pretend you are climbing a step
ladder, growing even taller.

Feelings

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

Move like anger and yell:
"I FEEL ANGRY!"