

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"What about me?"

Objective:

To build mentee self-esteem and practice self-reflection

Preparation Time:

None

Activity Duration:

15–20 minutes

Required Material:

- Blank paper
- Pen/pencil/marker

Instructions:

- This activity has 6 questions aimed at encouraging your mentee to reflect on who they are and building their self-esteem. How you present the questions is up to you: you can type them up into a worksheet, write them on cards to answer one at a time, rolling a dice to answer the question you roll, divide a sheet of paper into six squares, each using a different colour, or another way of your choice.
- The questions are:
 - 1. List three things that are easy for you to learn
 - 2. Name something that was hard for you to learn, but you keep trying until you could do it well
 - 3. What is one thing you have done that you are proud of? Why?
 - 4. List three things that make you a good friend
 - 5. List three things about yourself you'd like to improve
 - 6. Complete the following sentences about yourself:
 - I am happiest when
 - I dislike it when my parents
 - I am proud when
 - I get angry when
 - I am afraid of
- However you choose to present the questions, consider completing it yourself as well – this is an opportunity for you to model a positive self-esteem for your mentee. They might feel awkward about thinking about themselves this way.