



Let's
Undress our Body
Image

Streetwise is a partnership between CST and Maccabi GB



Often we are told that if we talk about the things we are good at we are bragging, if we are in a silly mood we are annoying, if we are assertive we are being bossy or mean and so on.

But recognising and celebrating what we are good at or proud of relating to ourselves, physically, emotionally or socially helps us to boost our self-esteem.

Activity 5

**To be printed out and completed
with a sibling/friend**

Answer the questions with as many positive answers as possible for each question and follow the instructions:

Once you're done, roll up your piece of paper and take in turns blowing your own trumpet! Start the sentence off with 'I am...' and recall some of the things you wrote about yourself.

Keep your trumpet safe and feel free to add to it when you want to. When you feel like you need to boost your self-esteem you can always go back and blow your own trumpet!

Activity 5

My best features are...

I am the best person to go to for...

I am really good at...

My friends would describe me as
the type of friend that...

I love these things about myself...

Sometimes our confidence may be low if we feel unhappy with things about ourselves like our hair, if we have braces, our weight or wearing glasses. From time to time we may mask our insecurities through the clothes we wear, how we style our hair and makeup or our attitude towards others.

Having a mask is normal and gives us a sense of security, which is important to keep us feeling safe. But in order to grow, we also need to challenge and celebrate ourselves too. We need to ask ourselves, 'why concentrate on our negative traits when most of the time, other people focus on the good in us?'

This explains something called self-worth, which means how people value themselves. A lot of the time, the insecurities we tuck away on the inside can be used to fuel personal growth, which can be extremely empowering.

Empower literally means to give power to something. If you have the power to empower, empower yourself!

Activity 6

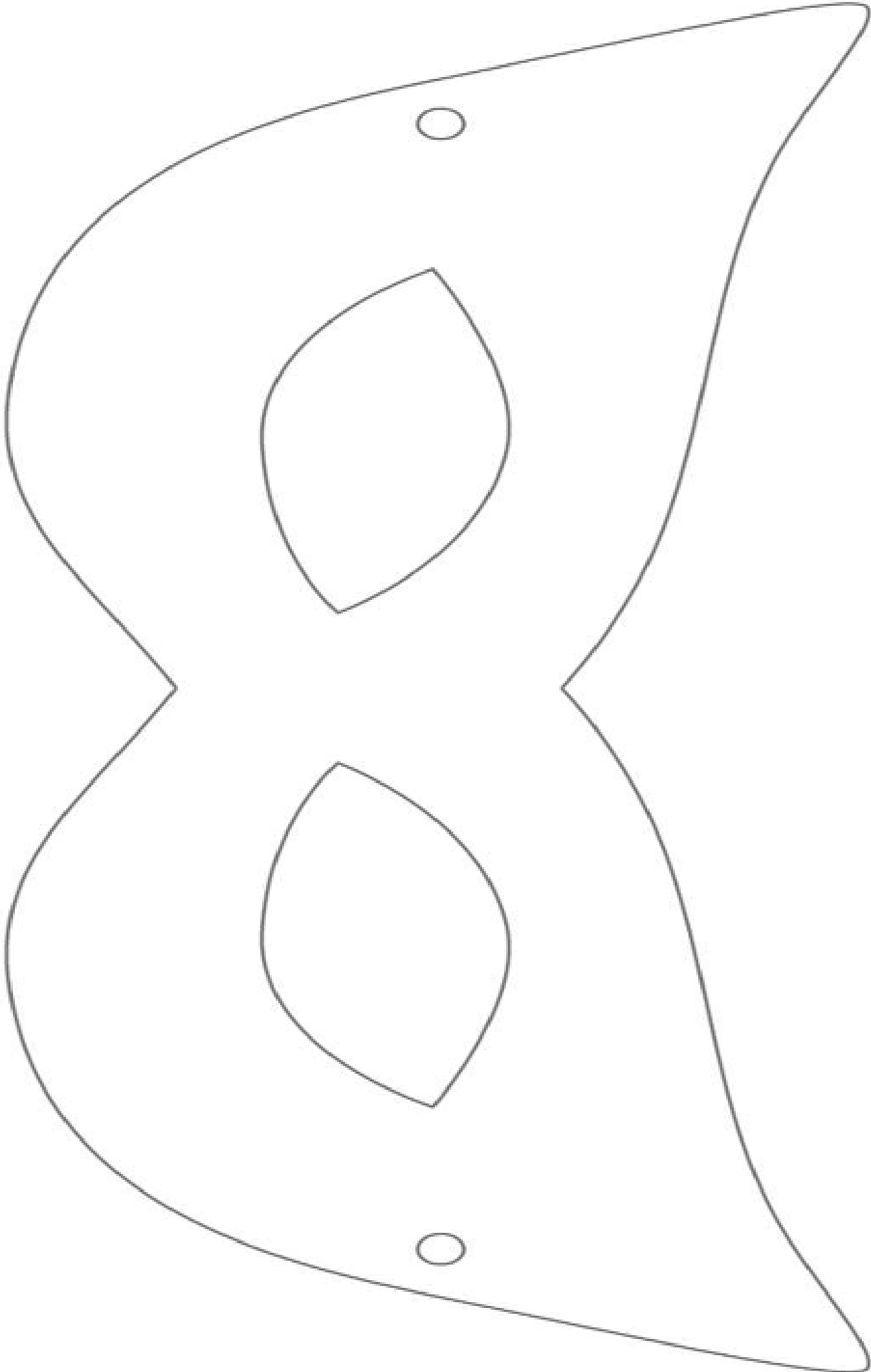
To be done with a sibling or a friend.

Using the printable mask template below, you need to create an empowering mask.

Decorate the inside of the mask with things you can work on to increase your self-esteem. For example, if you think you need to be kinder to yourself or be more patient with your successes, write, draw or decorate your mask in a way that showcases it.

On the outside of the mask, decorate it with the positive things you feel about yourself. For example, being a caring friend, having great hair, being a top scorer on your team, being good at drama etc. Make sure you get as creative as you can to make a mask as unique as you. Ask people at home if you can use anything lying around like string, pasta, buttons etc. to decorate your mask.

Once you're done, take a selfie with pride and show us your masks. If you made them over a video chat with friends, take a picture with you all and send it in to us at: streetwisegb.org and we will put it in our photo gallery.



Reuse the resources in this booklet if you need a boost and remember that there is beauty in imperfection. Get to know and appreciate the things you have power to change, whether that is your attitude or mindset and remind yourself of your marvellous uniqueness. Remember, the best person to be is you because everyone else is taken!

Take a look if you need support:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

<https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>

STREET WISE



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 www.streetwisegb.org/activities

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