



What's In Your Treasure Box?

1. Close your eyes, connect with your heart, and think about all of the things that make ✨YOU✨ special.
2. Everything that makes you special are like jewels in a treasure box!
3. Let's fill your treasure box with "jewels!"
Say:

I AM KIND.

I AM CALM.

I AM SMART.

I AM GENEROUS.

I AM LOVING

I AM A GOOD FRIEND.

4. On a piece of paper, draw a treasure box and around the treasure box celebrate all of the qualities that make you special!
Can you write 10 qualities - or more?



Self-Esteem: What's In Your Treasure Box?