

# INTRODUCING BOP THE MONSTER

Hello, I'm Bop and I'm here to guide you through this book.  
There are loads of activities and games to play, as well as  
some great ideas to read about. So, let's get cracking!



# PART I: WHAT IS SELF-ESTEEM?

## **How do you feel about yourself?**

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This is probably a question you've never really thought about but sometimes it helps to make time to do this. You may have heard people, especially grown-ups, talk about something called "self-esteem". Self-esteem is not something you can see or touch, but you can feel it and it's very powerful. So what is it? Self-esteem is the way you feel about yourself. Your self-esteem can be high or low, depending on how you feel. If you feel good about yourself and you are confident in your abilities, that's high self-esteem. If you feel bad about yourself and don't feel confident in your abilities, that's low self-esteem. Everyone feels bad about themselves sometimes, but when you do, it's important to think about solving the problem of why you are feeling bad and then moving on from it so you can feel happy again. Sometimes this is easier said than done, but this book will help you discover the ways to stay feeling good and show you how to develop ways to cope with things that get you down.

# ACTIVITY: ALL ABOUT ME

Let's begin by finding out a bit more about you and your likes and dislikes.  
Fill in the spaces in the boxes below.

*My name is...*

*Three words that describe me are...*

*When I grow up I would like to be...*

PART 1: WHAT IS SELF-ESTEEM?

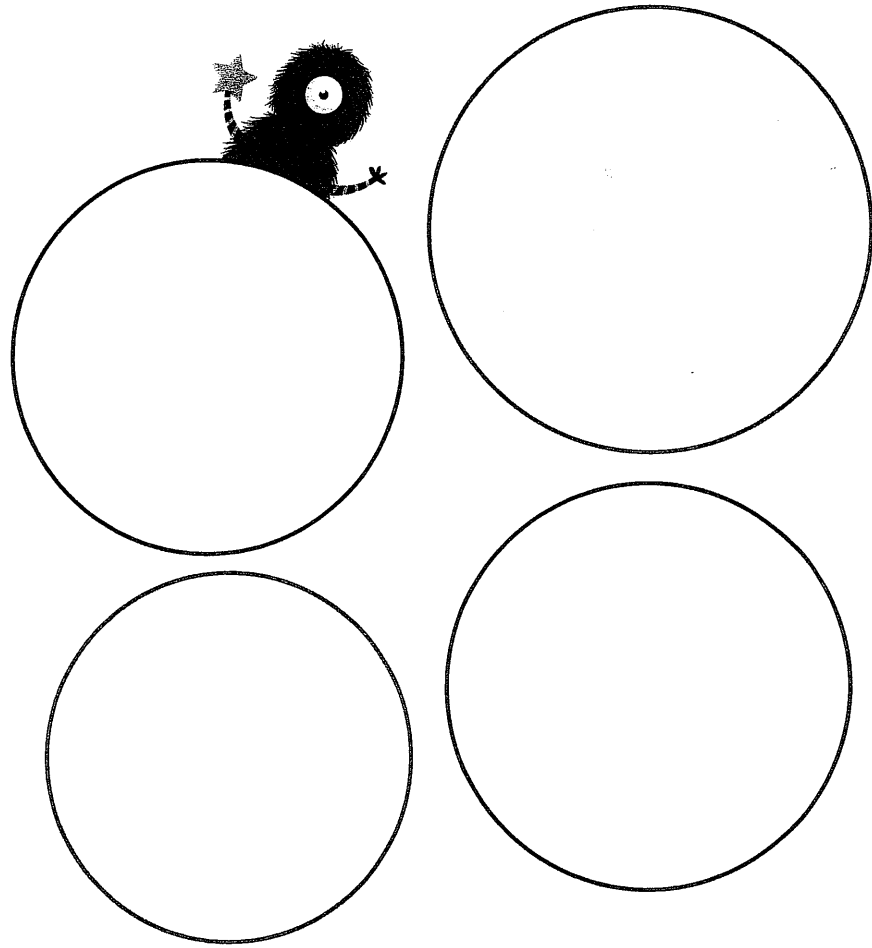
*I'm really good at...*

*My family members are...*

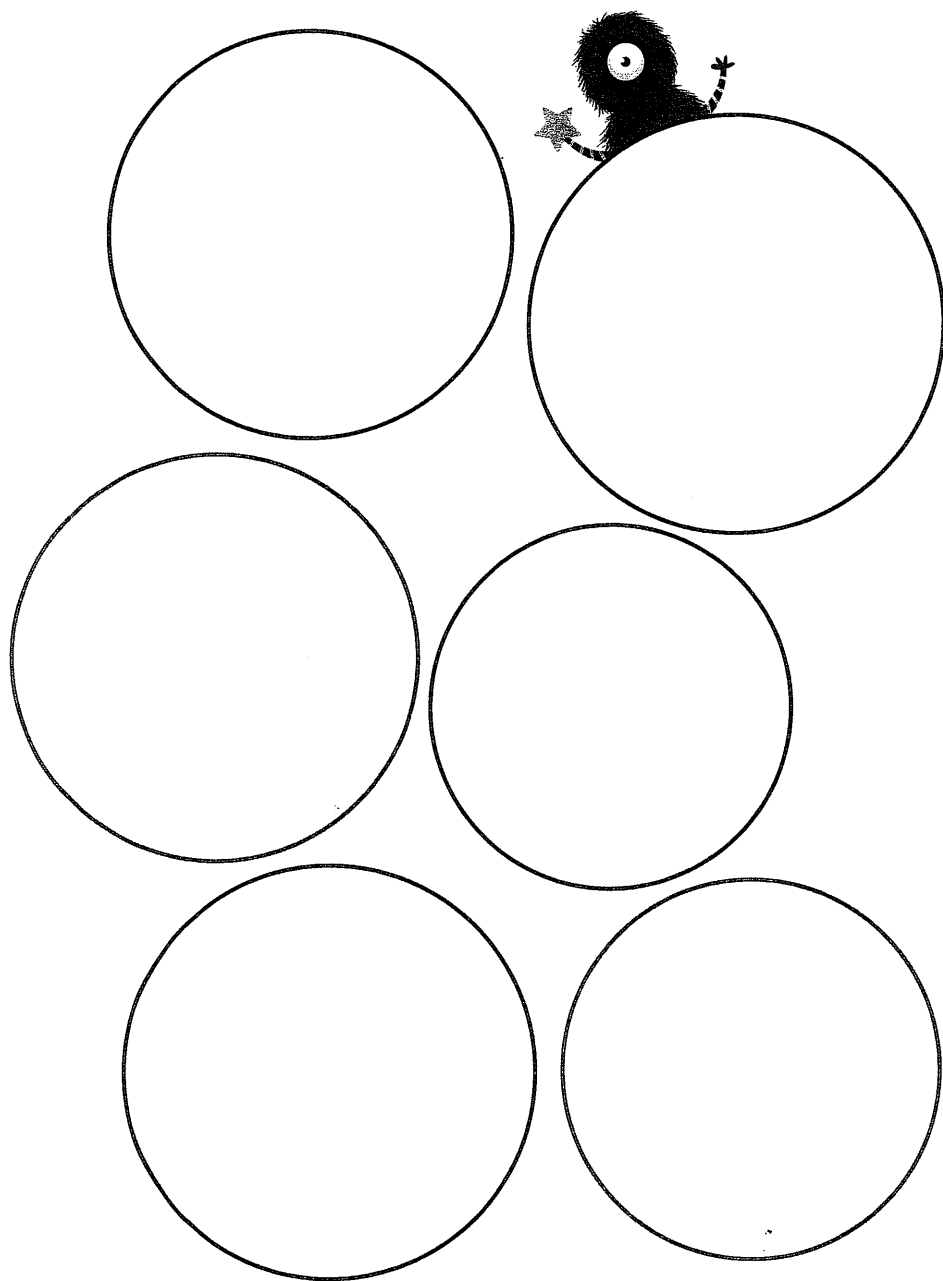
*For fun I like to...*

# ACTIVITY: WHAT MAKES ME GREAT!

Even if you're feeling down, you're still special and unique, and this activity invites you to give yourself a high-five for being so awesome. In each of the bubbles below, write down or draw something that you're good at or like about yourself:



PART 1: WHAT IS SELF-ESTEEM?

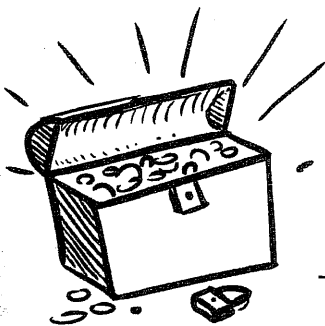
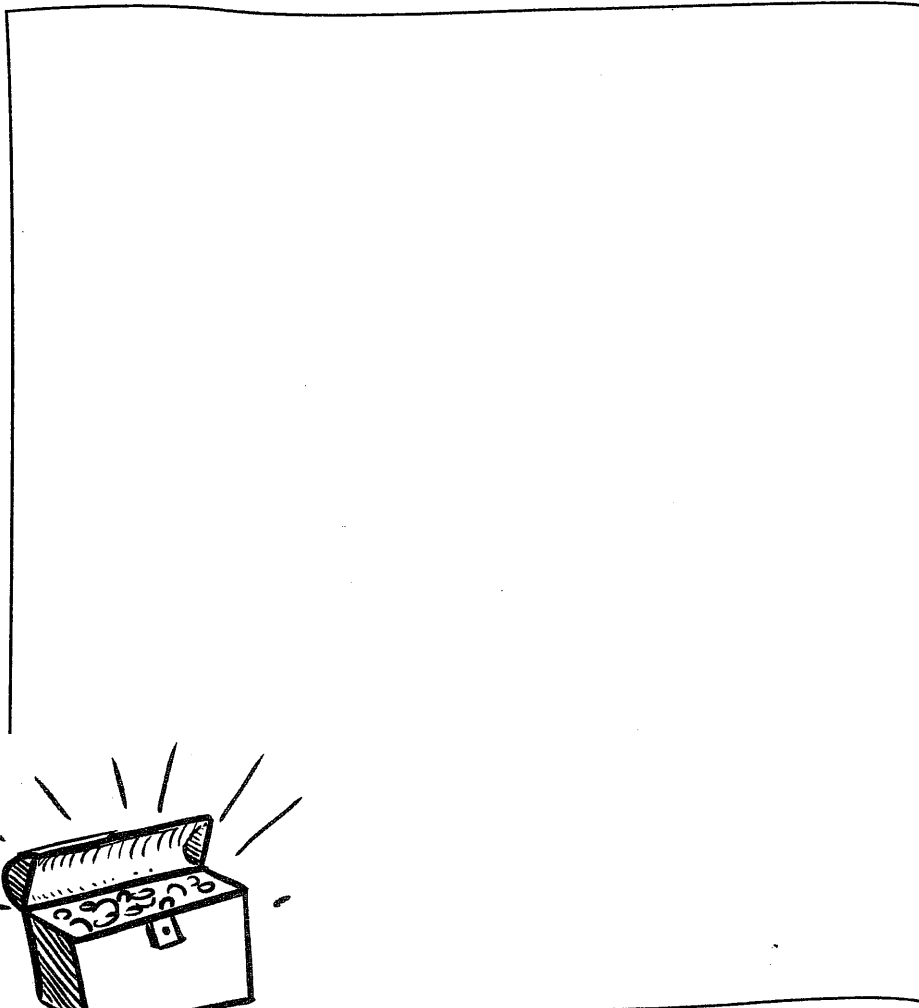


I AM  
LOVED

PART 1: WHAT IS SELF-ESTEEM?

# ACTIVITY: MY TREASURE BOX

What's important to you? Can you draw or write about the people you love, the things you enjoy and what you work hard at:





## What are emotions?

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*Emotion* is another word for a feeling. The four main emotions are:

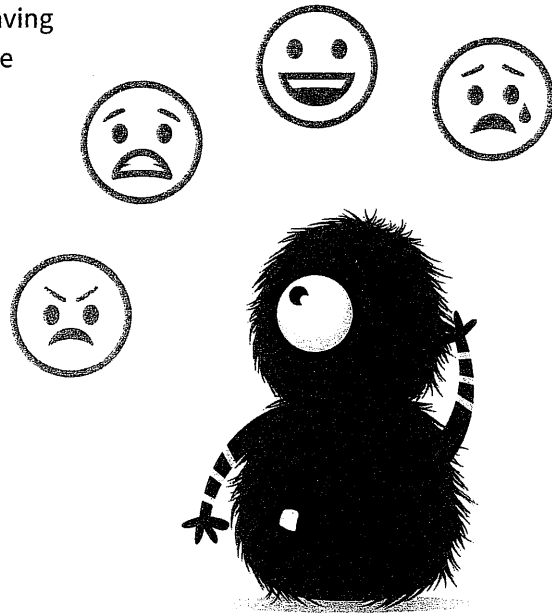
- ★ Happiness
- ★ Sadness
- ★ Fear
- ★ Anger

But there are lots more! We feel emotions in our bodies, and they can feel small and quiet or big and loud. Some feelings feel good, and some feel bad.

Everyone has feelings, even if they don't always show them.

When you are feeling an emotion, it can feel like the emotion is taking over your whole body, which can lead to you having emotions and thoughts that are not very nice.

It's OK to feel whatever you are feeling, even if it's sad or angry. Feelings do change, and don't have to stick around for ages. Feelings pass through your body like a cloud passes through the sky.



PART 1: WHAT IS SELF-ESTEEM?

## ACTIVITY: HOW DO YOU FEEL RIGHT NOW?

Can you think of a way of describing or drawing your feeling? Maybe you can imagine it as weather (it could be sunny, cloudy, rainy), or as a shape, or you might even think of it as a color, an animal or alien? Have a go at describing or drawing how you feel in a way that makes the best sense to you.

*I feel...*

## BELIEVING IN ME

Now that you have a picture of your emotion, can you imagine yourself sitting next to it? Quietly watch and listen to the emotion and see what happens.

Drawing or describing your emotion helps you understand what you are feeling. If you've drawn a happy picture with a big yellow sun, you're likely to be feeling happy right now—why not turn to page 73 and start a Happy Jar?

If your drawing is of something frightening or unhappy, like a storm cloud, you're probably feeling bad in some way. Now is a good time to talk to a trusted grown-up about how you're feeling.



PART 1: WHAT IS SELF-ESTEEM?

## ACTIVITY: MEDITATION

Meditation is a way of making your brain be quiet and it's an activity you can try to help you feel calm. You can do it anywhere, but a quiet, comfy chair in your house or a shady spot outside are good places to try it out.

- ★ Set a timer for five minutes, or choose a relaxing song to listen to (when you get to the end of the song you'll know you have completed the exercise)
- ★ Sit comfortably
- ★ Close your eyes
- ★ Think about your breathing, how each breath in feels, and then how your breath out feels. Don't hold your breath but try to slowly breathe in through your nose, then slowly breathe out through your nose—as you do this, listen to the sound of your breath. The idea is that if you focus on the sound and feeling of your breath going in and out of your nose your brain doesn't have time to think about other stuff
- ★ If other thoughts come into your mind, don't worry, just bring your thoughts back to your breath, in and out
- ★ When the timer goes or the music finishes, open your eyes slowly

## BELIEVING IN ME

How did meditation make you feel? Circle or color in your feelings below:

Relaxed

Happy

Bored

Hungry

Upset

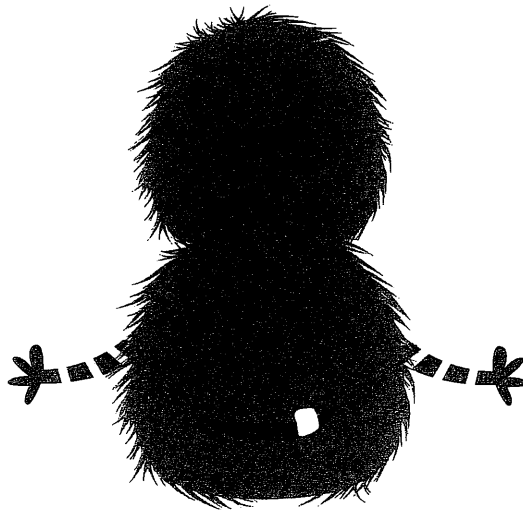
Sleepy

Worried

Silly

Curious

Peaceful



\* Meditating might feel strange at first, but if you keep practising you'll find it's a really useful way to help you feel calm.

I CAN TAKE A  
DEEP BREATH

## Signs of high and low self-esteem

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Having high self-esteem feels like this:

- ★ Being happy
- ★ Feeling that you're a good person
- ★ Believing in yourself
- ★ Looking forward to a good future
- ★ Enjoying the world around you
- ★ Feeling energetic and hopeful
- ★ Feeling confident that you have the power to change things in your life
- ★ Joining in with others
- ★ Being happy with each good thing that happens, no matter how small
- ★ Looking for ways to do well
- ★ Encouraging others
- ★ Respecting others' differences and your own
- ★ Accepting that you will make mistakes and you can learn from them



## PART 1: WHAT IS SELF-ESTEEM?

But having low self-esteem feels like this:

- ★ Feeling unhappy
- ★ Feeling that you are not as good as others in some way
- ★ Having no confidence in yourself
- ★ Feeling hopeless about the future
- ★ Seeing the bad things in the world around you
- ★ Feeling like bad things always happen to you
- ★ Feeling tired most of the time
- ★ Sitting about and not doing anything active
- ★ Putting yourself down even when someone is giving you a compliment
- ★ Looking on the worst side of everything
- ★ Having no respect for yourself

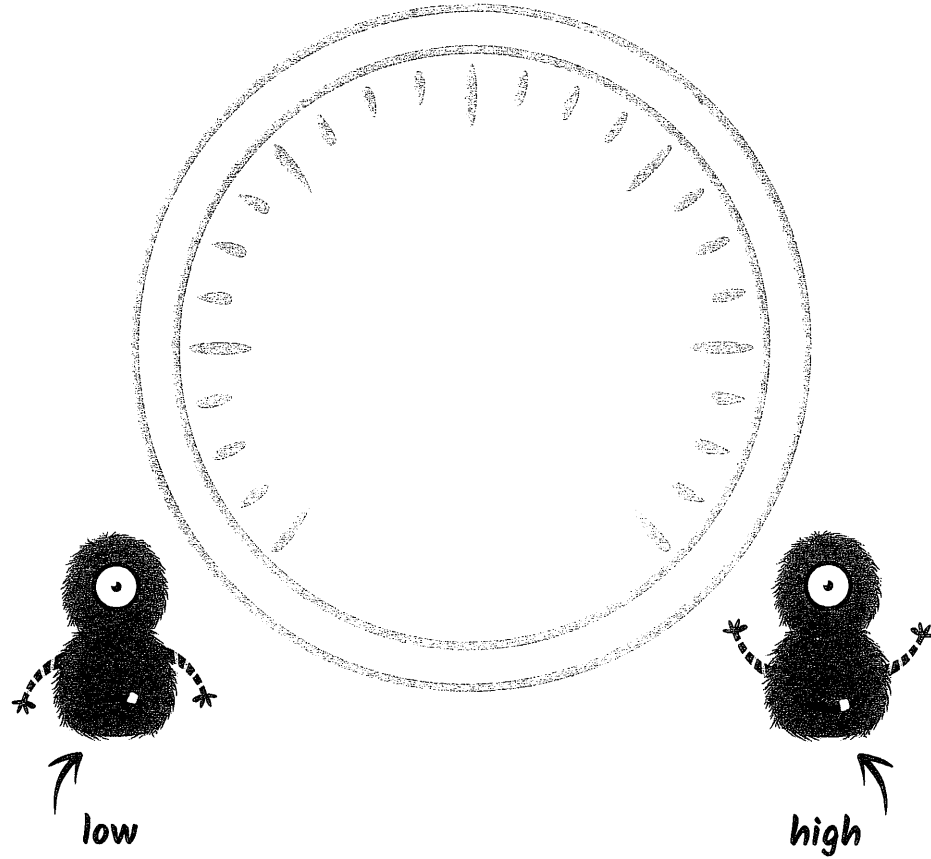




# ACTIVITY: RATE YOUR SELF-ESTEEM

Everyone's self-esteem is different, and it can go up and down depending on how you feel or what you're doing at a particular moment.

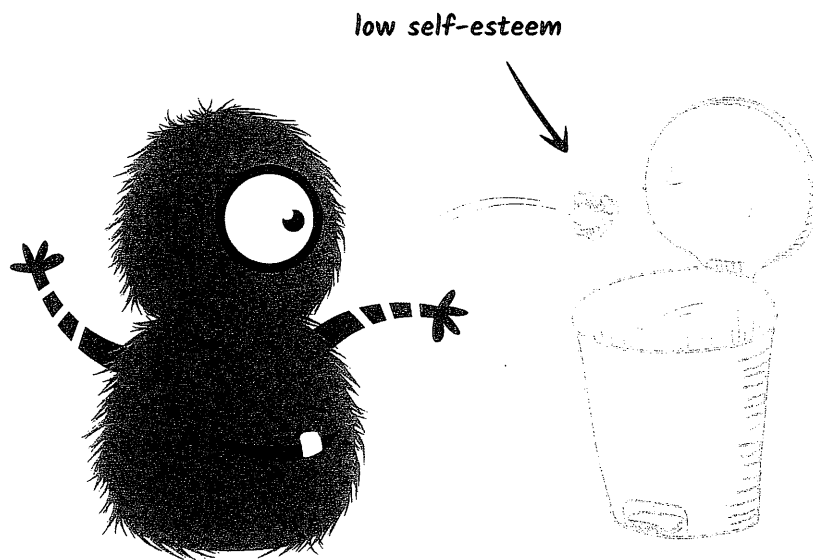
Where is your self-esteem right now? Draw an arrow on the gauge where you think it is:



I CAN TALK ABOUT  
MY FEELINGS

# PART 2: BOOSTING SELF-ESTEEM

Now that we've learned what high and low self-esteem feel like, let's look at ways to put low self-esteem in the bin and start feeling excellent about ourselves.

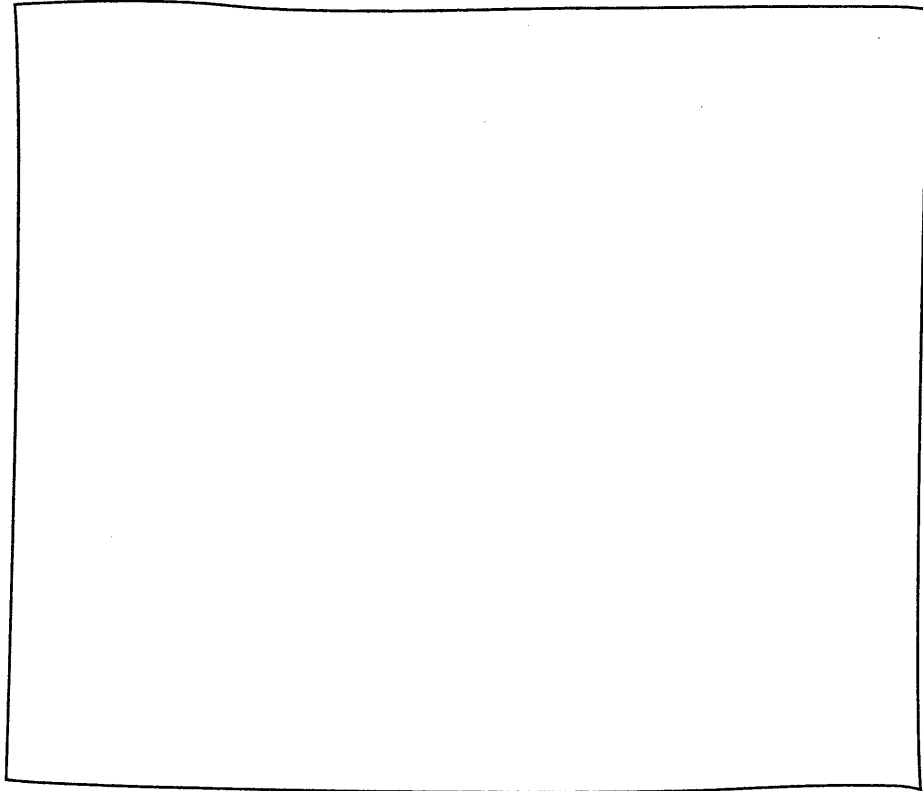


THERE IS ONLY  
ONE ME

## ACTIVITY: WHAT MAKES YOU FEEL GOOD?

Everyone has different things that can make them feel high or low self-esteem. Write or draw yours below—you can include as many or as few as you like.

High: what makes me feel good about myself  
E.g., being with my best friend, riding my bike

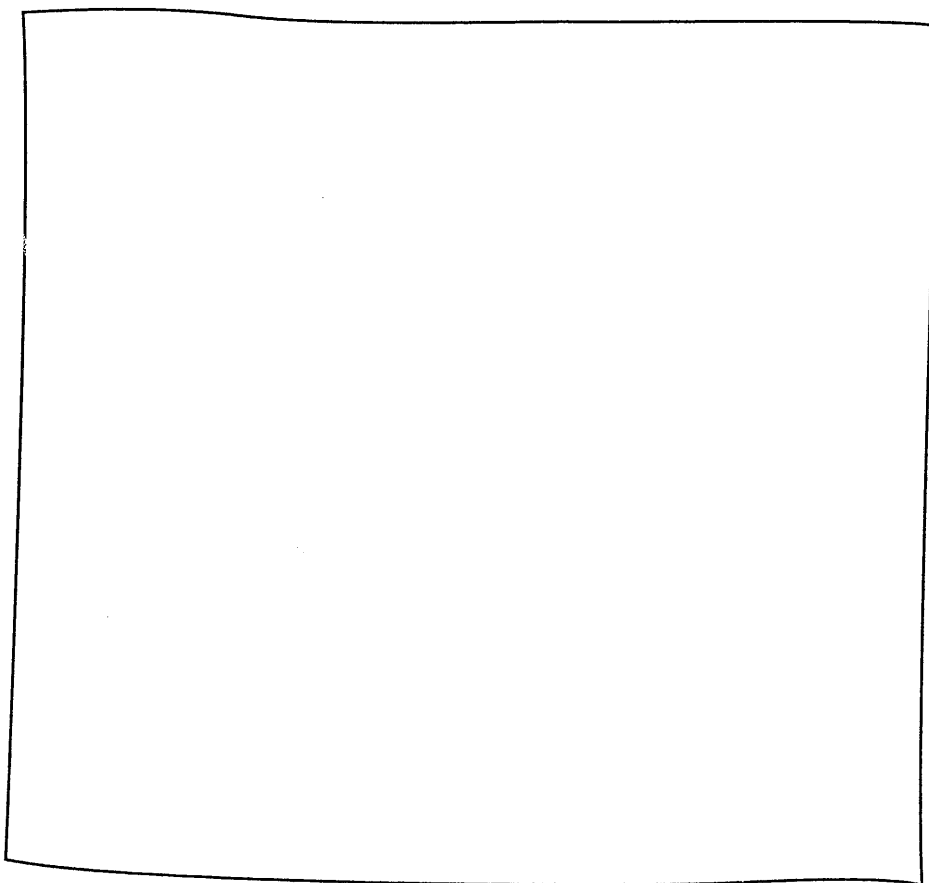
A large, empty rectangular box with a thin black border, intended for the user to write or draw their responses to the activity.

Can you do one of these things every day?

PART 2: BOOSTING SELF-ESTEEM

## ACTIVITY: WHAT MAKES YOU FEEL BAD?

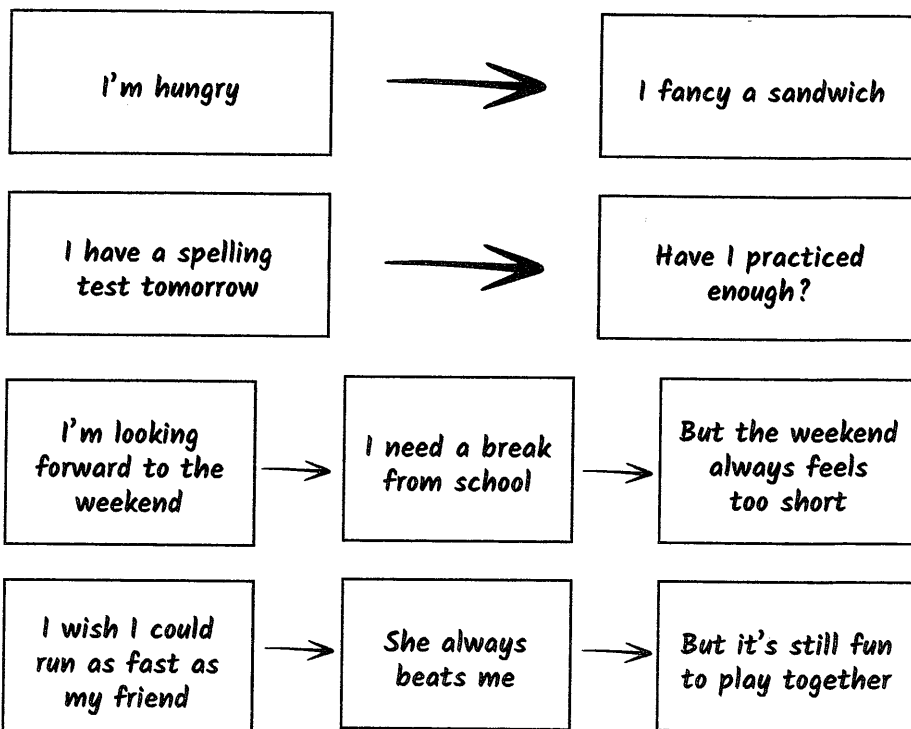
Low: what makes me feel bad about myself  
E.g., being left out, a tricky school subject



It's normal for things to make us experience low self-esteem sometimes.  
Keep going—in the next chapter we'll look at ways to tackle these feelings.

# ACTIVITY: LISTEN TO YOUR THOUGHTS

What are you thinking about right now? Take a moment to notice the thoughts in your head. Try writing your thoughts like this:



Sometimes just writing something down can make you feel better. It's almost like you're moving the thoughts from your head to the piece of paper. Once you've written something you can keep it, show it to someone you trust, or screw it up and throw it in the bin.

PART 2: BOOSTING SELF-ESTEEM



Empty rectangular box for writing.



Empty rectangular box for writing.

Empty rectangular box for writing.



Empty rectangular box for writing.

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, or



I CAN ASK  
FOR HELP