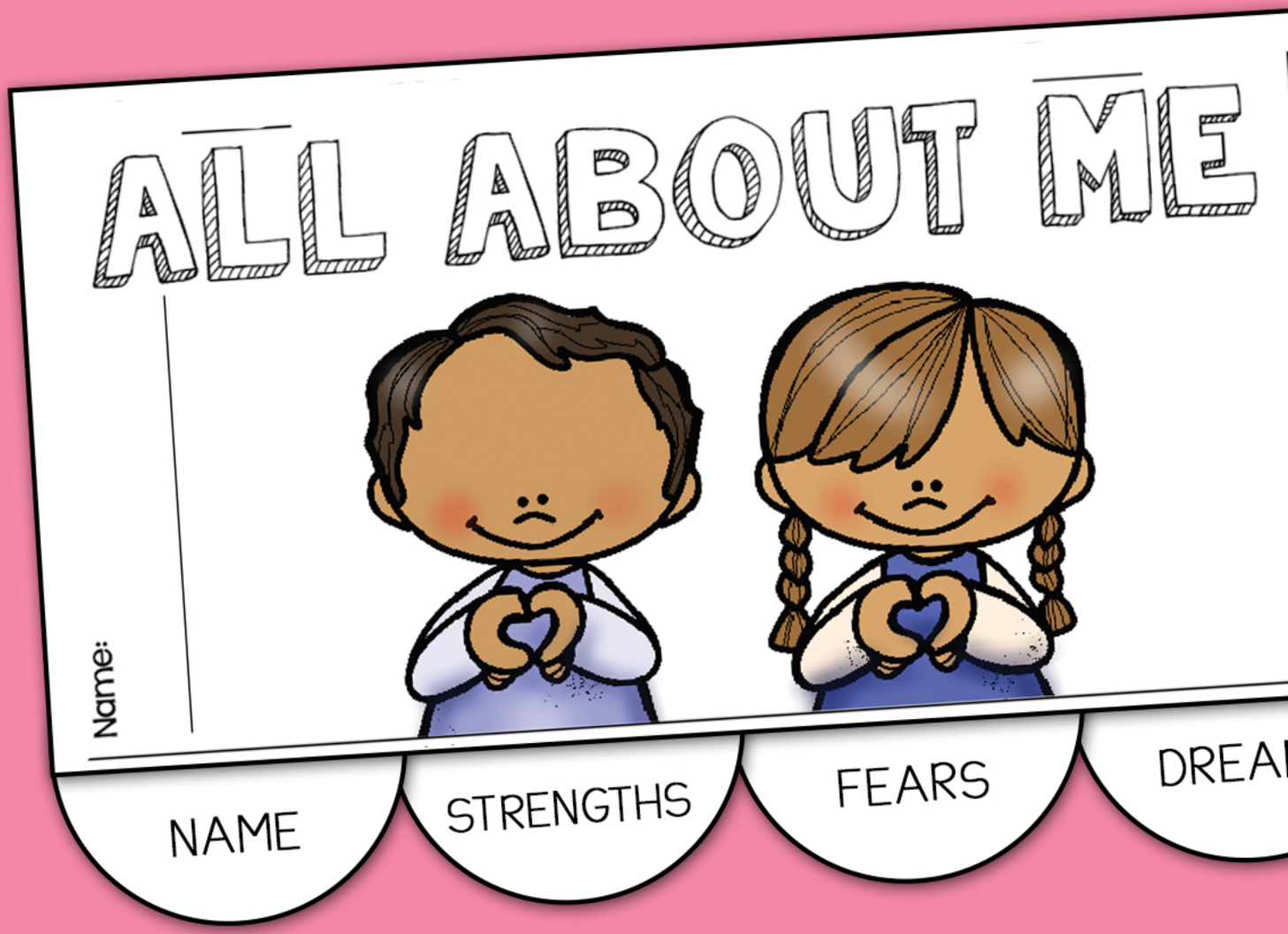
Self-Esteem TAB BOOK

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP



Created by ONE-STOP COUNSELING SHOP

Self-Esteem Tab Book

Thanks for purchasing this product!

Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an Interactive Notebook, Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This books helps students improve their self-esteem and self-concept by learning and discussing the things that make them unique.

Check back often for new topics!

One-Stop Counseling Shop

FOLLOW ME for sales and updates on special ed, counseling, & social work materials!

Also Check Out:

Social Skills Trading Cards
Social Emotional Comics
Rainbow of Feelings Game

Terms of Use

Thanks for purchasing this product!

All materials are (c) One-Stop Counseling Shop and protected by federal copyright laws.

Your individual purchase entitles you to reproduce these pages as needed for your own classroom or caseload use. You may also save a backup file for your own use. However, no part of this publication may be reproduced in any form, by any means, electronic or print, without prior written permission from One-Stop Counseling Shop. Individual copies may not be loaded on school networks, uploaded to websites, or distributed in any other form.

If you would like to share this product with another teacher or staff member, additional licenses are available for a big discount. Site licenses are also available. Please contact me for more information or if you have any questions about these terms of use.

Enjoy!

One-Stop
Counseling Shop

Credits

These awesome creators help make my products possible!

kimberly geswein fonts

EDUCLIPS Clip Art

Images licensed by: Dancing Crayon Designs www.DancingCrayon.com

scrappin doodles

LittleRed's CLIP ART

www.littleredstreehouse.com

hello literacy

ZIP-A-DEE DOO-DAH Designs

ILLUMISMART

WHIMSY CLIPS

Kevin & Amanda

www.kevinandamanda.com

ALL ABOUT ME

Name:

(c) One-Stop Counseling Shop

Cut out each page along the dotted lines. Then staple along the

PREVIEW ONLY!

THE FACTS:

NAME: _____

BIRTHDAY: _____

FAMILY MEMBERS: _____

_____

_____

PETS: _____

WHAT I LOOK LIKE: _____

_____

FAVORITES:

SCHOOL: _____

FOOD: _____

HOBBY: _____

TV SHOW: _____

GAME: _____

BOOK: _____

SUBJECT: _____

TEACHER: _____

Fill in the information above!

A POEM ABOUT ME:

_____

_____ _____

_____ _____

_____

_____

Line 1: Your Name; Line 2: 2 words to describe you;
Line 3: 3 action words ending in "ing"; Line 4: a 4-word phrase to describe you;
Line 5: another name for you

NAME

About: Follow the directions to write a poem about yourself!

Directions: Everyone has strenghts and weaknesses. Circle the activities above that you do well.

I AM GOOD AT:

being creative
talking to people
singing
remembering things
art
sports
science
dancing
helping others
playing an instrument
spelling
being a friend
solving problems
listening
fishing
math
writing
building things
running
telling jokes

STRENGTHS

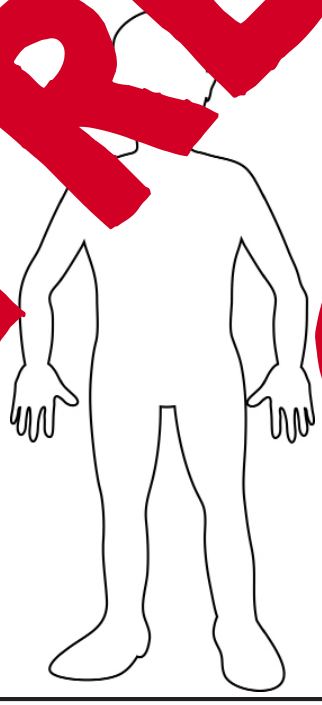
PREVIEW ONLY!

(c) One-Stop Counseling Shop

How you think affects how you feel! Change some of the negative thoughts below into positive ones! Then, add one of your own.

NEGATIVE:	POSITIVE:
I'll never be as good as she is at math! I give up.	
I just know I'm going to miss the ball.	
I'm no good at making friends.	

SELF-TALK



is r opinion of yourself the am hers'? How is it ifferent?

ame:

Different:

IMAGE

Think about who you are. How do others see you? How do you see yourself? Using the body above, draw or write the way you see yourself on the inside and how other view you on the outside.

PREVIEW ONLY!

(c) One-Stop Counseling Shop

WHEN I'M UPSET, I CAN...

do | think about | talk to

COPING SKILLS

What is a FRIEND?

List or draw your friends be

TRAITS:

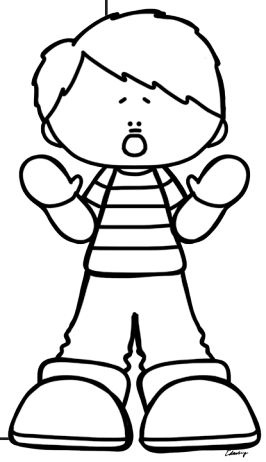
SUPPORTS

It's often said that our friends affect who we are. On the lines on the right side above, write some characteristics you value in your friends.

PREVIEW ONLY!

(c) One-Stop Counseling Shop

Draw 2 things that scare you:



FEARS

HOW TO DO IT:

HOW TO DO IT:

In each cloud above, draw or write about one of your goals or dreams. Then, on the lines above or below each goal, write how you plan to reach it!

DREAMS

PREVIEW ONLY!

(c) One-Stop Counseling Shop