MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

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.