



Activity –Give out the design your own jersey handout

*Everyone should take a minute and think of qualities that they like about themselves that make them unique. Now see if you can design a jersey that reflects those qualities. (Help them with prompts such as “what are some of your talents? What do others like about you?)*



### Teacher Tips

Now is the time to let the kids show off their creations and take time to notice the kids that have a difficult time finding good qualities in themselves. This can be a signal that this kid may need more attention and support.

*What we are learning is that how we feel about ourselves is really important and recognizing our feelings about all situations and experiences is also really important. (show emoji card). At this point in our elementary school careers, we should know most of these feelings but, I would like to focus on one, confused or mixed up.*

(Show the card of the sports teams.)

*We see in this image that one team clearly won and one team lost. We could imagine how the winning team would feel and how the losing team would feel. What happens if you are on the winning team and even made the winning shot, but your close friend is on the losing team what do you think that would feel like? (Allow the kids to answer. The goal being to highlight that you can feel 2 things at the same time, proud and happy and sad for the other team). These 2 feelings can go hand in hand and actually happen for us all the time. Look at the winning team, what do you think is happening to their self esteem. Pretty good huh!,*





*look at this kid! (point out the kid on the winning team with the angry face) he won, and yet doesn't look too happy. He wanted to be the star of the game and ended up just assisting. This bothers him so much he can't even enjoy the win. What do you think his self esteem is like? He really needs others to notice him to feel good. What would you say to him if you had the chance?*



### Teacher Tip

Most abuse happens at the hands of someone the child loves and trusts. This can be very confusing for a child because they may really like or even love their abuser but hate what they are doing to them. The concept of being confused and holding multiple feelings at the same time is really important to give over to children.

*(point out the losing team and the friend) Look at him, he lost but he still looks ok that his friend got to win. Seems like for him, the win isn't what*

*defines him and he can hold 2 feelings at the same time. I'm sad and frustrated that I lost but I'm proud and happy for my friend that he won.*



*(show card of classroom) OK, what's happening here? The teacher is trying to teach and seems like not everyone wants that. (Ask the kids what they think about the self esteem of the trouble maker kids? Have a discussion around what the kids gain by being disrespectful to the teacher. Point out the kid sitting that is smirking but, not participating). This kid is also experiencing 2 feelings at the same time. What do you think that is? (amused by the trouble*