

Self-Esteem Bingo

RESOURCES NEEDED

Group facilitator
 8" x 10" SELF-ESTEEM BINGO cards (16)
 5 sets of "Calling" cards
 BINGO chips
 Handouts: *How To Improve My Self-Esteem* and / or *Affirmations for Me*
 Small prizes (journal, small mirror, address book, fun pen, etc.)

LEARNING OBJECTIVES

- By the end of the group, participants will be able to:
- Define self-esteem*, explain what self-esteem can do for someone**, and explain how it develops***
 - Identify at least 3 benefits of self-esteem
 - Identify at least 3 personal self-esteem boosters
 - Identify at least 3 personal self-esteem busters
 - Identify at least 3 personal strengths
 - Identify at least 3 personal ways to take responsibility for self-esteem

TIME NEEDED

45-60 minutes

INTRODUCTION

- 1 Introduce players** to concept that SELF-ESTEEM BINGO combines learning with active group participation. Discuss that the purpose of the game is to learn more about what self-esteem is and about one's personal self-esteem.
- 2 As needed, offer** a general informative introduction, discussing definition of self-esteem, benefits of positive self-esteem, and how self-esteem develops. Use the following as a guide:
 - * Self-esteem can be viewed as an overall evaluation of one's values, skills and competence in the world.
 - ** Positive self-esteem can serve as a vaccine against depression, helplessness, dependency and overly risky behaviors.
 - *** Developed through an individual's experiences, self-esteem is a continuous and dynamic process that changes throughout one's life. For example, self-esteem experiences a shift in adolescence, becoming more influenced by peer feedback than feedback from parents. In adulthood, it may fluctuate depending on one's challenges, life's transitions and successes or failures. Realistic self-appraisal, meaningful accomplishments, bouncing back from failures, and assuming self-responsibility lead to a heightened self-esteem. A person cannot give self-esteem to another individual. It is important to understand self-esteem to cultivate it successfully.
- 3 Review** the 5 Self-Esteem Bingo columns:
 - BENEFITS OF SELF-ESTEEM: the gains that can be made from increased self-esteem;
 - the reasons why people work on self-esteem
 - SELF-ESTEEM BOOSTERS: what one does or can do to increase self-esteem
 - SELF-ESTEEM BUSTERS: what one does or might do that lowers self-esteem
 - ACKNOWLEDGING STRENGTHS: qualities, achievements, skills and successes
 - TAKING RESPONSIBILITY: what one does or can do to be in control of one's life;
 - these actions generally increase self-esteem

[over]

4 Explain that the game is divided into 5 sections as already discussed:

Benefits of Self-Esteem	"B"
Self-Esteem Boosters	"T"
Self-Esteem Busters	"N"
Acknowledging Strengths	"G"
Taking Responsibility	"O"

PLAY

1 Distribute BINGO chips and one 8" x 10" SELF-ESTEEM BINGO card to each player. Shuffle "calling" cards together.

2 Group facilitator draws a "calling" card, reads it aloud, and places it face up on the table. If a participant has that term on his / her card, s/he covers it with a BINGO chip. A person does not need to agree or disagree with that statement to place a chip in a box. Each called card is an opportunity for teaching and discussion. Allow for brief personal reflections, but avoid lengthy disclosures to keep the game flowing.

3 Winners may be:

- The first person who gets a BINGO going horizontal, vertical or as an X.
- The first player to cover a pre-agreed upon pattern of squares (e.g. a letter 'T', 'L' or 'S' for Self-Esteem, two horizontal lines, 4 in any corner – postage stamp, 4 in every corner, etc.)
- Any two BINGOS on the same card – after the first BINGO, players leave previously "called" cards marked and continue.
- A complete coverall for the grand prize. Again, players leave their previously "called" cards marked and the game continues on for the coverall. The first player to completely cover his / her card is the winner!

4 Vary group play according to group attention span, needs and prior knowledge and level of self-esteem.

5 If desired, distribute *How To Increase Self-Esteem* and / or *Affirmations for Me* (reverse side) handouts to each group member for reinforcement of material covered or to introduce new materials.

6 Wrap up by summarizing each of the main themes. Process, making sure each participant has met the stated learning objectives.

7 ADDITIONAL ACTIVITY 1: Discuss relevant issues to the group, e.g., difference between high self-esteem and conceitedness, feelings of "I've always had low self-esteem, why bother now?"

ADDITIONAL ACTIVITY 2: The lists in the 5 BINGO categories were intended to be broad, inclusive and varied, but not exhaustive. Develop group lists of ideas not covered in the BINGO game. Here are a few ideas:

- **Benefits of Self-Esteem** – I will be kind to myself, which will allow me to heal, I will feel more attractive, I will be aware of my strengths and use them
- **Self-Esteem Boosters** – make new friend, engage in self-nurturing activities, be charitable with my time and money
- **Self-Esteem Busters** – judge myself too harshly, act in an unkind or inconsiderate way, call myself degrading names
- **Acknowledging Strengths** – energetic, ready to try new and safe experiences, willingness to travel
- **Taking Responsibility** – develop a healthy support system, listen to my body, use music or art as a way to relax and enrich my life

8 Offer motivational prizes to winners!

Affirmations For Me

Affirmations are repeated phrases that one can say to him or herself to promote a certain thought or behavior.

In exploring the Self-Esteem Bingo columns, we see:

- B** – Benefits of Self-Esteem
- I** – Self-Esteem Boosters
- N** – Self-Esteem Busters
- G** – Acknowledging Strengths
- O** – Taking Responsibility

So much of what we say to ourselves can be positive and supportive or negative and devaluing. Obviously, we want to encourage ourselves to say positive, supportive messages that reinforce change.

Consider the following affirmations as possibilities for your daily self-esteem work. Highlight or circle the affirmations you like or create your own on the blanks.

Review the negative messages in Self-Esteem Busters, recognizing which ones you hear yourself say. Highlight or circle those or write your personal self-defeating messages on the blanks. For every negative message you recognize, write an affirmation to replace it.

1 BENEFITS OF SELF-ESTEEM

What you could say to affirm the reasons to work on self-esteem:

- “Be able to express my wants and needs directly.”
- “Be able to support others in making responsible choices.”
- “Be able to set boundaries for myself.”
- “Be able to volunteer in my community.”
- “Let go of undesirable attitudes and beliefs.”
- “Be able to care for myself in healthy ways by _____.”
- “ _____.”
- “ _____.”

2 SELF-ESTEEM BOOSTERS

What you could say (aloud or to yourself) to affirm yourself:

- “I can weather the storm.”
- “I am irreplaceable.”
- “I am able to forgive myself.”
- “I am unique.”
- “I have courage.”
- “I see myself as competent in _____.”
- “ _____.”
- “ _____.”

3 SELF-ESTEEM BUSTERS

What you might say (aloud or to yourself) to diminish your self-esteem:

"I am helpless."

"I am worthless."

"I can't do any better."

"No one likes me."

"I never look good."

"If people really knew me, they would _____."

"_____."

"_____."

4 ACKNOWLEDGING STRENGTHS

What you can say to affirm or recognize your qualities, achievements, skills or successes:

"I have done things that I am proud of."

"I am able to laugh at myself."

"I am able to state my needs."

"I am resourceful."

"I will talk about what I CAN do, not what I CAN'T do."

"I am happy that I _____."

"_____."

"_____."

5 TAKING RESPONSIBILITY

What you could say to affirm or recognize how you can take responsibility for your self-esteem, thoughts and actions:

"I can learn from my mistakes."

"I can make a difference today."

"I am accountable for myself."

"I will act responsibly towards others."

"I can do something rather than nothing."

"I will feel better about _____."

"_____."

"_____."

Ways to Increase Self-Esteem

1

BENEFITS OF SELF-ESTEEM

These are the gains you would like to see from increasing your self-esteem.

Keeping this vision in mind will give you power and energy to work on your self-esteem.

2

“BOOST” YOUR SELF-ESTEEM

This is what you actively do to increase your self-esteem.

3

“BUST” YOUR SELF-ESTEEM

This is what you actively do – or do not do – that lowers your self-esteem.

4

ACKNOWLEDGE STRENGTHS

These are your qualities, achievements, skills and successes.

5

TAKE RESPONSIBILITY

This is what you do or can do to be in control of your life. These actions generally increase self-esteem.
