

# Self-Esteem Builder Spin Wheel

The self-esteem spin wheel is designed to help young people think about how they are feeling during the day. There are only positive comments written on this self-esteem builder spin wheel, in order to encourage young people to fully focus on a positive word or phrase. Focusing on these words will help reinforce the feeling of positivity and increase self-belief and feelings of worth.

To use this wheel, ask the young person to spin the wheel and read out what is written in the section. Talk about what the word or phrase means and then ask the young person to embed the word or phrase into a sentence. Below is an example to help them get started:

**'I feel proud of myself because I am learning my times tables and getting better at them each day.'**

Once a young person has decided upon a sentence, they should write the sentence on the template below. Offer support with writing if necessary. This sentence should be kept with them all day. It could be used as a bookmark or displayed on their desk. By keeping the positive sentence with them they will re-read it and feel more positive as the day goes by.

Re-reading the positive affirmation will help build self-esteem and promote positivity about the day.

Repeating this process each day will make the process quicker.

Encourage the young person to think about something different each day so they can expand on their ideas and understand that there are so many positives that can be found each and every day.

## Table Stand

My Positive Sentence Today is:

twinkl.com

This template features two large, rounded rectangular boxes with blue borders, stacked vertically. The top box contains the text "My Positive Sentence Today is:" and the bottom box is empty. A small "twinkl.com" watermark is located in the bottom right corner of the entire template area.

## Bookmark

My Positive Sentence Today is:

twinkl.com

This template features a single, wide, rounded rectangular box with a blue border. The text "My Positive Sentence Today is:" is positioned at the top left of the box. A small "twinkl.com" watermark is located in the bottom right corner of the template area.

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