

## **Ben's Balloon : Self esteem balloon story**

Ben's Balloon is a diary of events illustrating that a person's experiences can either strengthen (increase) or weaken (decrease) his or her self esteem (represented by the balloon).

### **EXAMPLE STORY**

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| 7:00am  | Ben wakes up, gets out of bed, and walks toward the bathroom. He discovers that his sister already occupies it. He hears his mother call to him, "Ben, hurry up or you will be late for school." (Let air out of the balloon.) |
| 7:30am  | Ben asks his dad for some money to buy a part for his bike. His dad reminds him that he didn't tidy his bedroom as he had promised. (Let air out of the balloon.)  |
| 8:00am  | Ben meets his friends on the way to school. They plan to meet after school to play football. (Blow up balloon.)  |
| 9:00am  | Ben goes to class. The teacher asks for his homework. He tells her that he forgot to do it. The teacher reminds him that it will be mentioned in his school report. (Let air out of the balloon.)                              |
| 10:30am | Ben goes to PE. He is the captain of the team. He knows he is a good runner. When it his turn to run, he wins the race. All the team cheer. (Blow up the balloon.)   |
| 12 noon | Ben meets his friends during lunch. One of the boys in the group teases him about not wanting to try smoking after football yesterday. Ben ignores him. (Blow up balloon.)   |
| 3:00pm  | Ben meets his friends to play a game of football. Ben scores a goal. (Blow up the balloon.)  |
| 4:00pm  | Ben gets home in time to tidy his bedroom. (Blow up the balloon.)  |
| 5:30pm  | Ben's mum and dad get home early. His dad says, "Hurry up. Get ready. Tonight's the big match. We'll grab something to eat on the way." (Blow up the balloon.)   |

Consider the questions below as a follow-up to the story:

- *How can you increase your self-esteem?*
- *How do you feel when your self-image (the way you view yourself) is strengthened?*
- *How does your self-image get damaged?*
- *How do you feel when your self-image is weakened or damaged?*

Everyone does something well. Recognising and valuing our own strengths is important in building a positive self-image. We don't always have to rely on others to blow up our self-esteem balloon. Our self-image, how we see ourselves, contributes to our feelings of self-worth. By pumping up our self-esteem balloon, we can take more control over our own behaviour.