PROJECT #9

TRY THE SELF-LOVE WORKOUT!

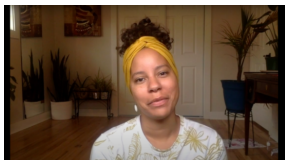
For this project, you will need:

Small pieces of paper

Writing materials (pens/pencils)

Something to collect your papers in, like an envelope, zip bag or small container

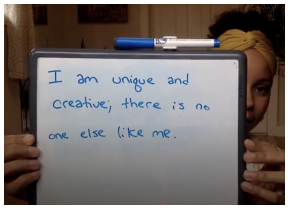
A way to play music



Hello! My name is Bethany and I'm so excited to share this project with you.

Together we will explore how we can build our self-esteem and confidence through movement, whether we are moving in our bodies or minds.

I can't wait to get moving with you!



Step 1 of 9

This project is about combining affirmations (positive self-talk) with movement to build your self-esteem. Self-esteem is how you feel about yourself, and it's something that many of us—kids and adults—struggle with.

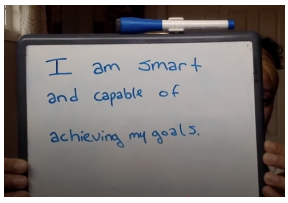
That's why it's so important to practice our positive self-talk. Just like physical exercise builds muscle, we also need mental exercise to build our self-esteem.

Ready to get started?

Step 2 of 9

Before you create your own self-love workout, I recommend playing the first video in my series so you get an idea of how this works.

You can dance along with me, or just watch. If you aren't able to move your body, that's okay. You can dance in your mind, or you can move just one part of you, like your arms, feet, or fingers.



Step 3 of 9

Okay, your turn!

First, on a piece of paper, make a list of affirmations. An affirmation is a positive statement you tell yourself to build up your spirits, especially when you're having negative thoughts or feelings. Here are some examples:

I love myself

I deserve to be happy

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I am worthy of love and kindness

I am enough just as I am

I can get through hard times

I am strong and capable

My challenges help me grow

Step 4 of 9

When you're finished making your list, choose one of your affirmations to turn into a movement.

I chose to create a dance, but you can also create movement with just your arms, or just your feet. You can even create a finger dance on your desk!…or, if you're lying down, your fingers can dance on your stomach.

There's no wrong way to move!

Step 5 of 9

First, you'll want to do a few warm-up stretches to loosen up whatever parts of your body you'll be moving.

You can come up with your own stretches or try the ideas in these videos.

Standing stretches:

Seated stretches:



Step 6 of 9

Next, on your own or as a group, try out different movements to go along with your affirmations. For example, what would "I deserve to be happy" feel like in your body? What would "I am strong and capable" feel like in your body?

If you want, you can start by closing your eyes and imagining your hands, feet, fingers, or whole body moving to the words of your affirmation.

Keep trying out different moves until you have something that feels good.

Remember, there's no wrong answer. Happiness for you might look like making fists in the air, but for someone else, happiness might look like swaying, jumping, or twirling.



Step 7 of 9

After you've practiced the moves in your mind or body, try it again with music.

You might have to try a few different songs before you find the one that works best with your movements.

You can also start your own affirmation dance party by teaching others the movements!

Step 8 of 9

How did that feel? If you liked it, try coming up with moves to some of the other affirmations on your list.

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You can also try out the other videos in my series, which you can watch here.

And now that you have all those affirmation moves, you can start building your self-esteem muscle, knowing that you are unique, strong, loved, and capable of getting through hard times.

Step 9 of 9

Want to share your affirmations to inspire others to work on their own self-esteem? Just snap a photo and click below to send your inspiration to our online gallery.

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