



Spring Into YOU!



A SELF-ESTEEM & CONNECTION ACTIVITY SHEET

NAME: _____

DATE: _____

1 FRESH START CHECK-IN

Spring is all about new beginnings!
Answer honestly—no wrong answers.

★ One thing I'm proud of lately:

🍃 Something I'm working on improving:

♥ One word that describes me right now:

2 BLOOMING STRENGTHS

Just like flowers bloom in their own way, so do you ♥

Write 5 things that make you YOU:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

♥ **BONUS:** Ask a friend or leader to add one thing about you!
"I think you are amazing because..."



3 SUNSHINE CIRCLE (CONNECTION ACTIVITY)

Draw a small circle in the middle (that's YOU ☀️).

Around it, write or draw people who bring you joy or support.



In each "sun ray," write:

- ♥ Their name
- ♥ One thing you appreciate about them



4 KINDNESS SEEDS

What you give grows 🌱

Write 3 small acts of kindness you can do this week:

- 1 _____
- 2 _____
- 3 _____

CHALLENGE: Try at least ONE today! ♥

5 THOUGHT GARDEN

Sometimes our thoughts need weeding 🌻

OLD THOUGHT
(something not-so-kind you think):

NEW THOUGHT
(a kinder, stronger version):



6 IF I WERE A BUTTERFLY...

Imagine you could transform into your most confident self...

"I would be someone who..."



7 SPRING AFFIRMATION

Circle one or write your own:

I am growing into something amazing

I matter just as I am

I am stronger than I think

I belong here

My voice matters

My affirmation: ♥ _____



FINAL REFLECTION

One thing I'm taking with me today is:



YOU ARE GROWING. YOU ARE BLOOMING. YOU ARE ENOUGH.

Keep shining! ♥

