SPECIAL EDUCATION · VISUAL SUPPORTS COLLECTION

EDITABLE

Self Esteem



30 PAGES | 8-PAGE PICTURE STORY | 8 I AM CARDS | COLOR + INK-SAVER

✦ BRIGHT PATH SPED

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☆ START HERE Start Here — Three Steps

1

Print the story and the cards

Print the story (8 pages, 6–13) and staple it in order, or print the one-page ink-saver copy (page 14).

Print the I Am cards (page 16, or ink-saver on page 17) and cut them apart: 4 across, 2 rows.

2

Read it, then pick a card

Read the story in a calm moment, pointing to each picture, the same way every time.

The student picks a card and reads it. On Finish the I Am (page 19) they write what they could say in four everyday moments; on I Am Proud (page 20) they color a star each time they say a card.

3

Log it, roll it up, send it home

One row on the log (page 23) for each time the student picks a card: when, the card, and whether the student said it.

Total the week on the roll-up (page 24). Send the family page (page 26) home; the hand-off page (page 27) goes to any other adult.

WHAT THIS FILE IS

A fillable PDF: an 8-page picture story about the good things I can say about myself, 8 I Am cards in color and ink-saver, 8 blank cards, two short worksheets and the data pages behind them, with type-in fields on the name lines, the log, the roll-up, the family and hand-off pages and the blank cards. It works offline with no account and prints the same on every machine.

WHAT THIS FILE IS NOT

It is not an editable online slideshow or word-processor document, and it is not a behavior plan, a program or a clinical procedure. It follows no named method and promises no outcome; it gives a student, in pictures and short lines, words to say about themselves, and counts what happened.

WHICH PAGE, WHEN

YOUR SITUATION	GO TO
I want to read the story with a student	Pages 6–13
I need a copy for the photocopier	Story, page 14; cards, page 17
The student wants a card of their own	Blank cards, page 18
The student wants a worksheet	Finish the I Am, page 19; I Am Proud, page 20
A paraprofessional or another room takes over	Hand-off, page 27
A family conference or a check-in	Roll-up, page 24; filled example, page 25

IF SOMETHING DOES NOT WORK

A field will not hold my typing. Open the file in Adobe Acrobat Reader (free) or Preview, not a browser tab. **A picture reads as a different word.** Use a blank card; the **Ask a Question** tab on the product page reaches me, and a fix is a free update. **Confidentiality:** a filled-in log or roll-up is a student record — initials only on anything that leaves your hands.

STORY

I Am Me: Page 2 of 8

My name _____ **Today** _____

Read with me. Look at the picture.

2



I am good at some things. I am still learning other things.

STORY

I Am Me: Page 5 of 8

My name _____ **Today** _____

Read with me. Look at the picture.

5



I can say, “I am brave.” or “I am a good friend.”

CARDS

I Am Cards (Color)

Cut the cards. Read one out loud.



brave

I am brave.



kind

I am kind.



friend

I am a good friend.



learner

I am still learning.



smart

I am smart in my own ways.



creative

I am creative.



proud

I am proud of me.



important

I am important.

PRACTICE

Finish the I Am

My name _____ **Today** _____

What could I say to myself? Write it on the line.

1. 

   I got something wrong.

   I can say _____

2. 

   I finished something hard.

   I can say _____

3. 

   A friend feels left out.

   I can say _____

4. 

   I am scared to try.

   I can say _____

Something I am good at is _____

LOG

I Am Card Log

STUDENT

WEEK OF

STORY OR CARDS IN USE

#	DATE	WHEN (YOUR WORDS)	CARD PICKED	SAID IT? (Y / N)	INITIALS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

ONE ROW A CARD

Write when it was in the same short words each time, and the card word the student picked.

SAID IT

Y if the student said the line or wrote it, N if not. Count the Y rows on the roll-up (page 24).

TRACKER

Weekly Roll-Up and Graph

STUDENT

GOAL (YOUR DISTRICT'S OWN WORDING)

CRITERION (YOUR TEAM SETS IT)

#	WEEK OF	CARDS PICKED	SAID IT (Y ROWS)	PERCENT	NOTES
1					
2					
3					
4					
5					
6					
7					
8					

PERCENT OF CARDS THE STUDENT SAID · ONE DOT PER WEEK, THEN DRAW THE LINE



FIGURING THE PERCENT

From the log (page 23): cards picked is the number of rows that week; said it is the number of Y rows. Said it divided by cards picked, times 100, rounded to the nearest whole number.

BRINGING THIS PAGE TO A MEETING

The criterion field is where your team's own number goes, so every dot is read against the same line. This page counts what is plotted; it does not decide what a flat line means.

EXAMPLE

Filled Example — Three Weeks

SAMPLE · INVENTED STUDENT

Jordan is invented, and so is every mark on this page. One week on the log (page 23), then three weeks on the roll-up (page 24).

The log, week of 10/5 (5 rows)

#	DATE	WHEN	CARD PICKED	SAID IT?	INITIALS
1	10/5	morning	brave	Y	JT
2	10/6	before a test	brave	Y	JT
3	10/7	lunch	kind	N	JT
4	10/8	math	learner	Y	JT
5	10/9	recess	friend	Y	JT

The roll-up, three weeks

#	WEEK OF	CARDS PICKED	SAID IT (Y ROWS)	PERCENT	NOTES
1	10/5	5	4	80%	–
2	10/12	4	3	75%	–
3	10/19	5	5	100%	–

READING THE NUMBERS

Week one: 5 cards picked, 4 said, 80 percent. Then 3 of 4 (75 percent) and 5 of 5 (100 percent). In all, 12 of 14 cards. Each percent is that row's own count divided by its moments.

A LINE THIS SHEET COULD WRITE

"With the story and I Am cards in place, Jordan said the card line 12 of 14 times over 3 weeks; cards picked: brave 4, kind 1, friend 3, learner 3, smart 1, creative 2."

Cards picked, all three weeks

I AM CARD	TIMES PICKED
brave	4
kind	1
friend	3
learner	3
smart	1
creative	2

WHERE THE NUMBERS COME FROM

Every roll-up row is counted from that week's log rows. The 14 rows across the three weeks are the 14 cards picked; the Y rows are the 12.

WHAT THIS EXAMPLE IS NOT

One invented child's weeks. It sets no typical rate, names no cause and predicts nothing about a real student; the criterion would be whatever Jordan's team wrote. A real filled-in copy is a student record: initials only on anything that leaves your hands.