

SEE MISTAKES AS AN OPPORTUNITY TO LEARN



Remember that NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND.

Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!



READ!



50 Ways to Build SELF-ESTEEM for kids

Make choices that stay true to what you value.



Create, Build, Cook, Bake, Garden, Do Art.

Do more of what helps you feel good about yourself.



Learn & practice healthy ways to cope with stress.



Laugh, Play, Have Fun! Get Joy!



Say positive affirmations.



PRACTICE GRATITUDE.



FOCUS ON THE POSITIVES & BE OPTIMISTIC!



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breathers.

exercise



Practice daily hygiene.



TELL THE TRUTH & BE HONEST.

Say "no" to things you are uncomfortable with.

Eat healthy food.



Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

Focus on solutions, not problems.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Try again when something doesn't work out the way you hoped it would.



DRINK PLenty OF WATER

Get enough sleep.

SAY, THANK YOU WHEN SOMEONE COMPLIMENTS YOU



Be responsible for your choices

Set goals & work towards them, step by step.



ASK FOR HELP & SUPPORT.

HAVE A GROWTH MINDSET.



Resolve conflict peacefully & use I-Statements.



The Handbook For Building Healthy Selfesteem In Children

Christine A Adams,Robert J. Butch



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