

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.

Do more of what helps you feel good about yourself.

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.



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.

Eat healthy food.

Say "no" to things you are uncomfortable with.

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.



focus on solutions, NOT PROBLEMS.

Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

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

**Lucynda Koesters**



## **The Handbook For Building Healthy Selfesteem In Children:**

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **The Handbook For Building Healthy Selfesteem In Children**

In some sort of inundated with screens and the cacophony of fast communication, the profound energy and psychological resonance of verbal beauty frequently fade into obscurity, eclipsed by the regular barrage of sound and distractions. However, set within the lyrical pages of **The Handbook For Building Healthy Selfesteem In Children**, a charming function of fictional splendor that impulses with organic feelings, lies an memorable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus books visitors on an emotional odyssey, lightly revealing the latent possible and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect their fascinating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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