

Say daily POSITIVE AFFIRMATIONS to remind yourself of your strengths, awesomeness & worthiness.

Avoid comparing yourself to others.

Identify the things you can & cannot control. Focus your energy on the things you can CHANGE.

Practice Gratitude. Give thanks for at least 3 things everyday.

Choose optimism. Look for the brighter side of things & see the cup as half full.

Learn & practice ways to create calm & peace within. Mindful breathing is a great start!

Use good posture. STAND (or sit) TALL AS YOU ARE.

Respect other people's differences when we show respect for others, we are also showing respect for ourselves.

REMEMBER YOURSELF THAT YOU CAN DO TOUGH THINGS.

Complete your school assignments, even when you don't want to (because it's too "boring" or "doesn't matter" or "too hard"). Finding good can be found in getting things done.

When things don't go your way or the unexpected happens, sit back & try a different approach.

Ask for HELP & SUPPORT. No one can go it alone.

Speak your truth. Say what you want, need & hope for.

Read for fun. Read for relaxation. Read for opening up your life to possibilities. Read for YOU.

Turn off screens. Minimize time spent on social media. Do not base your self-worth on the click of a "like".

FOLLOW YOUR CURIOUSITIES. Learn, try or create something new.

Get moving & Energized daily! Your body will thank you by releasing natural feel-good chemicals.

Form connections & relationships with caring adults.

Talk about your feelings with someone you trust.

Laugh! Play! Have fun! Get Silly!

DO random acts of kindness.

Give yourself a hug.

50+ Ways to Build Self-Esteem



Practice healthy ways to cope with stress.

Reflect on what is important to you & Then make choices that are in alignment.

Surround yourself with supportive friends who treat you the way you want to be treated.

EAT HEALTHY FOOD.

Complete chores, assignments & other responsibilities you have been putting off.

Talk to yourself like you would to someone you care about.

FOCUS ON SOLUTIONS INSTEAD OF PROBLEMS.

Remind yourself that your bravery is stronger than your fear.

Learn how to resolve conflict peacefully. Use I-Statements. And if you need help doing such, ask for help.

Join an after school club or sports team. Try a new hobby.

Set goals for yourself & work towards them, step by step.

Remind yourself that NO ONE is perfect.

Forgive others AND yourself. Remember we are human and all make mistakes.

Take responsibility for and own up to your choices and actions at home & school.

Get enough sleep. And rest when your body needs it.

Treat yourself with kindness and compassion, even and especially when life gets hard.

Help others.

DRINK WATER.

See mistakes as opportunities to learn, grow & get second chances.

Be your own Best Friend.

Trust yourself.

Look in the mirror & tell yourself, "I LOVE YOU."

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

Tell the truth & be honest even when it's hard to do.

When someone gives you a compliment say "Thank you."

Make a list of your strengths & achievements & hopes.

Do the next right thing.

Embrace & accept ALL of you. This includes your imperfections & vulnerabilities.

Set your BOUNDARIES (what you are ok & not ok with) & stick with it. Know when to say "No, thank you." Resist peer pressure.

Do more of what helps you to step into your power. I feel good about yourself.

Practice daily hygiene. Bathe regularly. Brush & floss your teeth, trim your nails, wash your hands, etc.

Remind yourself that the water you see on the inside (negative covering, inner critic) are not a reflection of who you are. You are a beautiful person.

The Handbook For Building Healthy Selfesteem In Children

Deborah Plummer



The Handbook For Building Healthy Selfesteem In Children:

The Handbook for Building Healthy Self-Esteem in Children Marilyn J. Sorensen, 2003-05-28 This handbook clearly spells out the keys to building healthy self esteem in a child Additionally it addresses the mistakes adults frequently make that result in the child developing low self esteem a resource that adults will refer to again and again **Handbook for**

Boosting Children's Self-Esteem Kennedy Albert, 2023-11-09 Self esteem is an individual s subjective assessment of their own worth and value It incorporates a person s beliefs and emotions about themselves and is crucial to their mental and emotional health Self esteem can have a significant effect on many facets of a person s existence including their relationships accomplishments and overall happiness Here are several important aspects of self esteem 1 Self Worth A person s sense of self worth is closely related to their self esteem Low self esteem frequently entails feelings of inadequacy and unworthiness 2 Self Concept Self esteem is affected by a person s self concept or self image This is how they perceive their physical appearance their abilities and their personality traits 3 Self Respect People with healthy self esteem tend to have self respect and establish healthy boundaries They are less likely to tolerate maltreatment and engage in self destructive conduct 4 Multiple factors including formative experiences social interactions cultural norms and personal accomplishments can influence self esteem Positive experiences and supportive environments can contribute to a higher sense of self worth whereas negative experiences and criticism can have the opposite effect 5 Self esteem is frequently divided into two major categories High Self Esteem People with high self esteem have a positive view of themselves are confident in their abilities and are resilient in the face of adversity Low Self Esteem Individuals with low self esteem frequently doubt their abilities and have a negative self image They may be more susceptible to depressive anxious and socially isolated feelings 6 Self esteem can alter and evolve throughout a person s lifetime Individuals can improve their self esteem through self reflection therapy and self care practices it is not inherently a fixed trait 7 Self esteem can influence numerous facets of life such as relationships career success mental health and decision making A high sense of self worth is associated with greater emotional health greater resilience and a more optimistic outlook on life Self esteem is a complex and multifaceted concept that varies from individual to individual Developing and sustaining a healthy sense of self worth is a lifelong process that frequently requires self awareness self acceptance and self compassion Moreover individuals struggling with low self esteem may benefit from seeking the assistance of mental health professionals or counselors *The Handbook for Single Parents*

Thomas Allegood, 1997-03 [Building Blocks for Learning Occupational Therapy Approaches](#) Jill Jenkinson, Tessa Hyde, Saffia Ahmad, 2008-11-20 Building Blocks for Learning Occupational Therapy Approaches is a resource book for educational staff and pediatric occupational therapists especially those new to the field It shows how the implications of physical psychological social and learning difficulties impact upon children s abilities This highly practical book will help readers recognize when a student s poor performance within the classroom is a result of a medical condition or underlying

motor and perceptual deficits *Resources in Education* ,2001 **Parenting for High Potential** ,2001 Finding Your Way Home Lucynda Koesters,2005 Find Your Way Home What is keeping YOU from coming home to your family Are you a working parent looking for a way to leave the paid workforce to become a stay at home parent Or are you a stay at home parent looking for a way to successfully maintain your home based lifestyle Whether you are currently at home or in the process of looking for a way to come home this is the book for you Finding Your Way Home offers comprehensive step by step strategies to help you plan and implement an exit from the workforce and create a sustainable life at home with your family In this book you will Learn why a stay at home parent is so beneficial to children of all ages Discover how having a parent at home can improve your health marriage family life and yes even your budget Analyze your options for working full time part time home based business free lance or stay at home parenting full time Learn how to cut household expenses Create a new one income household budget Conquer fear and turn in your resignation Maintain your self esteem and overcome resistance once at home Create new home based routines and become a successful household manager Create a safe haven a relaxed secure and sustainable home based lifestyle for the whole family Based on the author s extensive research interviews with dozens of parents and her highly personal account of her own struggle to find her way home this book offers everything a parent needs to come home successfully Finding Your Way Home will be referred to again and again as you transition to the calmer less hurried and family focused lifestyle of your dreams **Raising Self-Esteem in Primary Schools** Margaret Collins,2009-09-18 Children with low self esteem will have difficulty in partaking in classroom lessons and succeeding If we want to help children in the primary school to achieve the positive outcomes set out in the Every Child Matters agenda we need to ensure all children have a healthy self esteem This book seeks to give adults in schools tools to look at the way they could enhance self esteem in children The book comes with an accompanying CD Rom which contains inset sessions for all adults in the school workshops specifically aimed at non teaching personnel including mid day supervisors sessions for teachers and classroom assistants classroom lessons and activity sheets for the children which can form part of your school s personal social and health education PSHE programme This book is a whole school training programme for raising self esteem and is essential reading for all those working in primary education Margaret Collins is a former headteacher of infant and first schools She is now Senior Visiting Fellow in the School of Education at the University of Southampton She researches children s perceptions of health education topics writes teaching materials for children books and articles on PSHE **Service Occupations** ,1913 **THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 7** Dr. Suresh Makvana ,Dr. Ankit Patel,2021-01-01

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