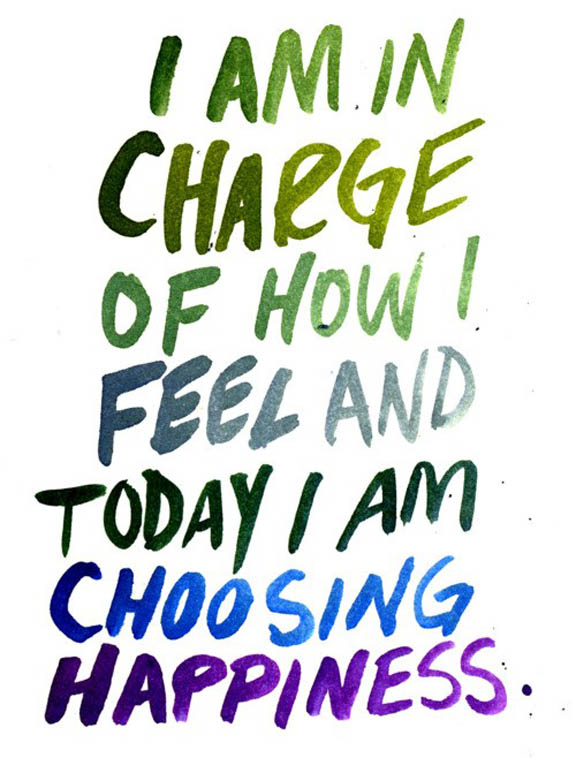


**Self-esteem activities**

1. Fill a washing bowl with water and find five things which float. As the adult, choose something which does not. You can then explain to the child that what you thought would happen, did not happen, but it is OK because you can try again. Children need to learn that failure is OK!
2. Give the child something to look after- buy a hardy plant from B&Q, allow the child to choose a pot and it lives in their bedroom. The child is responsible for caring for it. Every few days discuss the good work with the child- look at what you have achieved, look how green the leaves are and that’s because you are taking such good care of it, do you feel proud of what you have done.
3. Ask the child to pack a bag if you are going on a day out. If you can see they have forgotten something then give some prompts as opposed to saying ‘you’ve forgotten to pack ……..’ When you get to where you are going give the child lots of praise for being able to pack everything you needed independently.
4. Buy your child a journal (Home Bargains, Pound Shop, B&M) and ask them to write 3 things they like about themselves when they wake in the morning.
5. Start the day with a positive affirmation- do it with your child. For example ‘today I am going to be confident’ ‘today I am going to be a good listener’.



1. Self-esteem calendar, ask the child to write one thing on each day that they will do, and that they enjoy.
2. Ask your child to complete these sentences:
   1. I was really happy when\_\_\_\_\_\_\_\_\_
   2. I’m proud of\_\_\_\_\_\_\_\_\_\_\_
   3. My friends like this about me\_\_\_\_\_\_\_\_
   4. I’m good at this in school \_\_\_\_\_\_\_\_
   5. What makes me unique is \_\_\_\_\_\_\_\_\_\_\_
3. Model confidence- consider if you are guilty of putting yourself or others down. Your child should hear you talk positively about yourself and others.
4. Ask your child for advice on appropriate situations, they enjoy feeling that their ideas and opinions are valued.
5. Prompt your child to teach you something- could they learn a recipe and teach you how to cook it? Could they make something crafty and teach you how?
6. Encourage your child to set some achievable goals- encourage them to consider how they will reach their goal and how long it may take and what may get in the way.

e.g. My goal is to walk 5k 3 times each week for a month

Time taken- one month

What may get in the way- other plans, weather, motivation, injury.

1. Sit down once a week with family and all write something positive each person has done that week and put it in a named envelope for each member to read.
2. Ask your child to choose and prepare a snack to share, this requires a multi-step response.
3. Ask your child to consider what would be their favourite foods sandwich. Let your child put all their favourite ingredients in a sandwich. This is unlikely to be nice so make a plan together to prepare one which does work.
4. I am- list good qualities or abilities, cut and stick pictures from magazines related to this.



Information gathered from:

* Anivda.com
* Skyhighconfidence.com
* Positivepsychology.com
* Whitbyschool.org