

WITH ME MIND

Self-esteem



Top tips for improving self-esteem

- Talk about self-esteem, well-being and emotional health on a daily basis to normalise talking.
- Encourage talk about children/young peoples positive skills. Use time in form to help children to notice and observe each other's positive attributes.
- Challenge any negative comments. If you can, encourage a young person's peer to challenge those negative comments. This will help to improve self-esteem.
- Encourage connections with other people; positive relationships with other people builds self worth and sense of belonging which improves self-esteem and well-being.
- Encourage activity; this increases confidence both physically and mentally.
- Encourage attention in the moment; paying attention to the here and now means children/young people value what is happening which can improve self-esteem and well-being.
- Encourage giving; small acts of kindness can have a positive impact on emotional health and well-being which can create positive feelings.
- Encourage self-appreciation; talk to children/young people about their positive qualities. Every child is unique and they have different strengths. Try to discourage children/young people from comparing themselves to peers.