

Self-Esteem

Today we are learning all about self-esteem with **Hilo**, the **self-esteem** monster. He lives at number 1 Monster Lane.

Self-esteem is not something we can see or touch; it is something we feel. A person's self-esteem can be **high** or **low**.

Hilo says, "I am amazing. I am good at lots of things."

If you have high self-esteem you feel good about yourself and if you have low self-esteem you feel bad about yourself. Everyone feels bad about themselves sometimes, but we need to remember all the good things about ourselves and be more **confident**.

I can think of things that I like about myself or that I am good at and this helps to boost my self-esteem.

I am good at baking cakes.

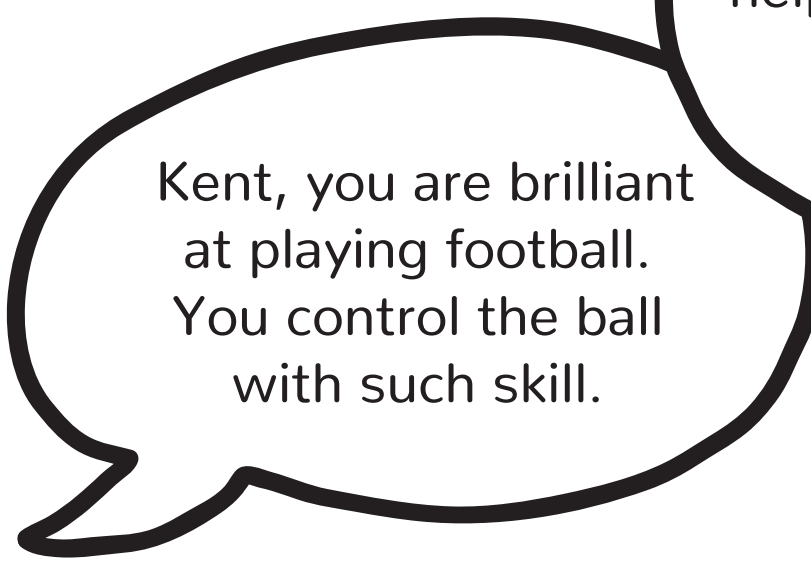
Questions

- What am I good at?
- How do I feel when I do something good?
- How can I make other people feel good about themselves?

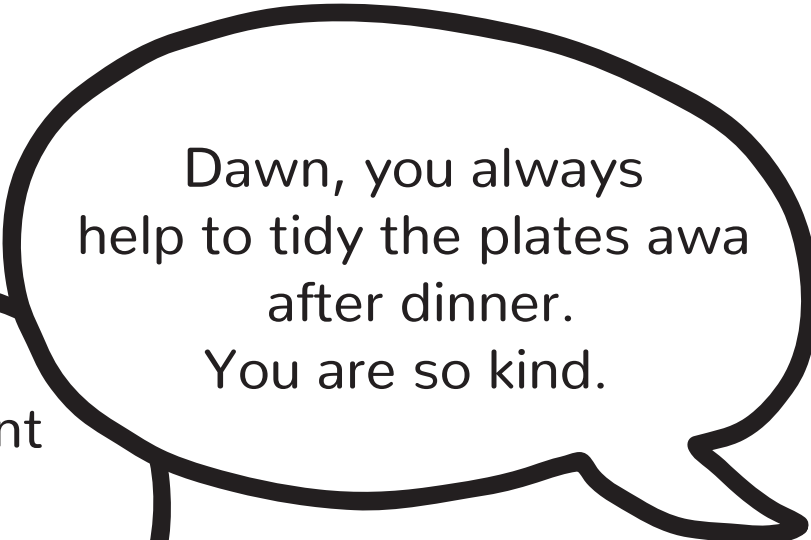
Tell your child they are going to be sharing what they know they are good at or what they like about themselves to boost their own self-esteem.

Model sharing something yourself first to give them an example.

Give your child some thinking time before you begin and give them some examples if they can't think of any themselves.

A hand-drawn speech bubble with a thick black outline, containing text.

Kent, you are brilliant
at playing football.
You control the ball
with such skill.

A hand-drawn speech bubble with a thick black outline, containing text.

Dawn, you always
help to tidy the plates away
after dinner.
You are so kind.

Use the self-esteem star at the end of each day. Ask your child to hold the star and recall one fantastic thing about themselves.

A large, orange, five-pointed star with a black outline. The text "Self-Esteem Star" is written in a bold, white, sans-serif font across the center of the star.

**Self-Esteem
Star**