

# 5 PROVEN WAYS TO BUILD HIGH SELF-ESTEEM IN KIDS

## 1 MODEL IT BY...

### ◆ CELEBRATING SUCCESSES

"I'm so glad I did skateboarding with you. I was nervous but I tried it. Go me!"

### ◆ NORMALIZING FAILURES

"I lost my temper. Next time, I'll take a deep breath, and count to 10 before I say anything. Then I'll be more in control of my feelings."

## 3 ENCOURAGE INDEPENDENCE THROUGH...

### ◆ SUGGESTING A KID-FRIENDLY TASK

"Do you want to help with making breakfast today?"

### ◆ GIVING OPTIONS SO THEY FEEL IN CONTROL

"Hm... I need someone to butter the toast or set the table. Which would you like to try?"

## 5 APPRECIATE MISTAKES...

### ◆ BOTH THEIRS

"You had a little spill? That's ok. What do you think is the best way to clean it up?"

### ◆ AND YOURS

"Oops. I think I put too much salt in that recipe. That was a good lesson. Now I know for next time."

## 2 RESPECT THEIR CHOICES BY...

### ◆ SHOWING INTEREST

"Who do you like watching on Tik Tok? What do you like about them?"

### ◆ ACCEPTING DIFFERENCES

"I like that you have your own unique style. You know what you like to wear."

## 4 ACCEPT ALL EMOTIONS BY...

### ◆ ASKING ABOUT FEELINGS

"How did you feel when your friend made fun of you in class today?"

### ◆ SHARING HOW YOU COPE

"When I feel sad, sometimes listening to music helps me feel better. What makes you feel better when you're feeling that way?"

