



Happy to be me!

DEVELOPING SELF-ESTEEM AND RESILIENCE IN YOUNG CHILDREN.

WHAT IS SELF-ESTEEM?

- The extent to which the individual believes him/herself to be capable, significant, successful and worthy.....a personal judgement of worthiness.
- Self-esteem means how we feel about ourselves.
- Early childhood is the optimum time to foster self-esteem in children; the older a child becomes, the harder it is to counter the effects of low self-esteem.
- It is important to help children maintain a balanced view of themselves, which includes recognising and valuing their own strengths while accepting their limitations.
- It is natural for children to go through a dip in self-esteem when things change.

Recipe for Good Self-Esteem

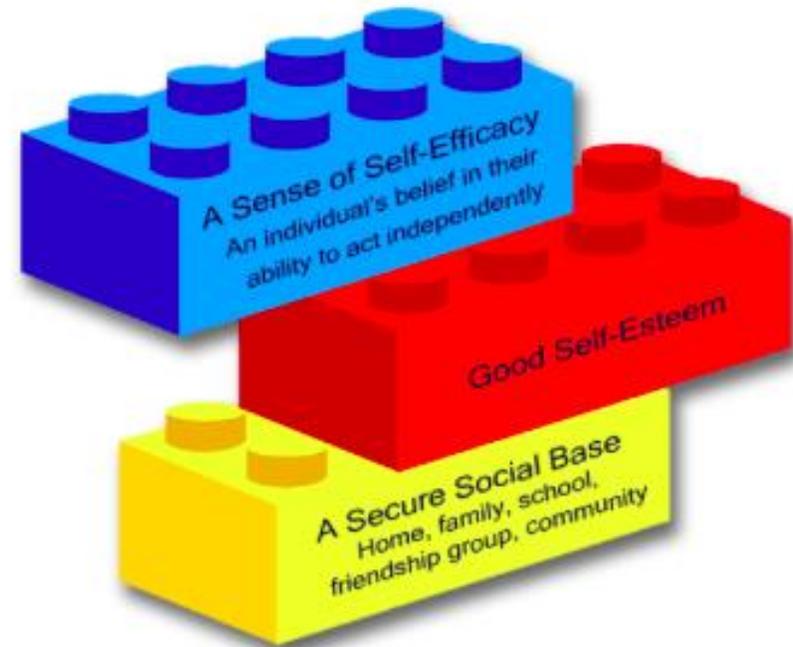
- Make them feel special and chosen
- Give them an achievable task
- Provide them with a sense of accomplishment
- Praise them for their effectiveness
- Let them know that they 'belong' and are accepted



WHAT IS RESILIENCE?

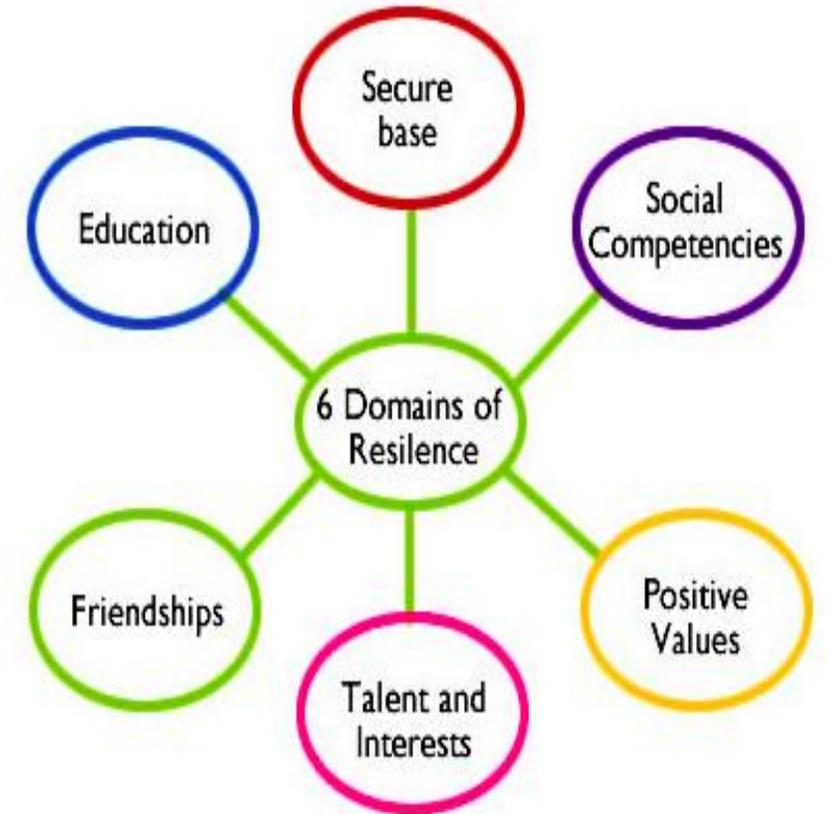
- It's being able to cope with adversity.
- Resilience is a factor in having good mental health

Three Building Blocks to Resilience



Six Domains of Resilience

- Secure early attachments
- Confidence of being loved and valued by one's family and friends
- Clear sense of self-identity (personal, cultural and spiritual)
- Sense of self-efficacy (being able to make decisions and act independently)
- Confidence to set goals and attempt to achieve them



HOW CAN WE BUILD SELF ESTEEM AND RESILIENCE?

Encourage your child:

- To value themselves as individuals.
- To value the individuality of others.
- To work with others co-operatively.
- To learn negotiation skills.
- To appreciate the value of tolerance.
- To learn how to make effective decisions for themselves. - E.g. Allow your child to make everyday choices such as what the family will have for dinner. This lets children know that their opinions are valued and respected.

10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking,
perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken
to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but
you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so
it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax
and see what happens!"

8 

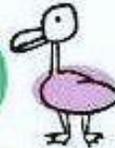
Goal
Perspective

Phrase
"This isn't the end
of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you
thought about ..."

10 

Goal
Taking action

Phrase
"What can we do
about this?"

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE

RIISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND
YOU USED THE RIGHT
STRATEGY!"
"WHAT A CREATIVE WAY TO
SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



GROWTH MINDSET

YOU CAN
GROW YOUR
INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH



BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE.
WHEN YOU LEARN, YOUR BRAIN
GROWS. THE FEELING OF THIS
BEING HARD IS THE
FEELING OF YOUR BRAIN
GROWING!"



FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES
YOU CAN TRY."



ASK

"WHAT DID YOU DO TODAY
THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID
YOU TRY?"
"WHAT MISTAKE DID YOU MAKE
THAT TAUGHT YOU
SOMETHING?"
"WHAT DID YOU TRY HARD AT
TODAY?"



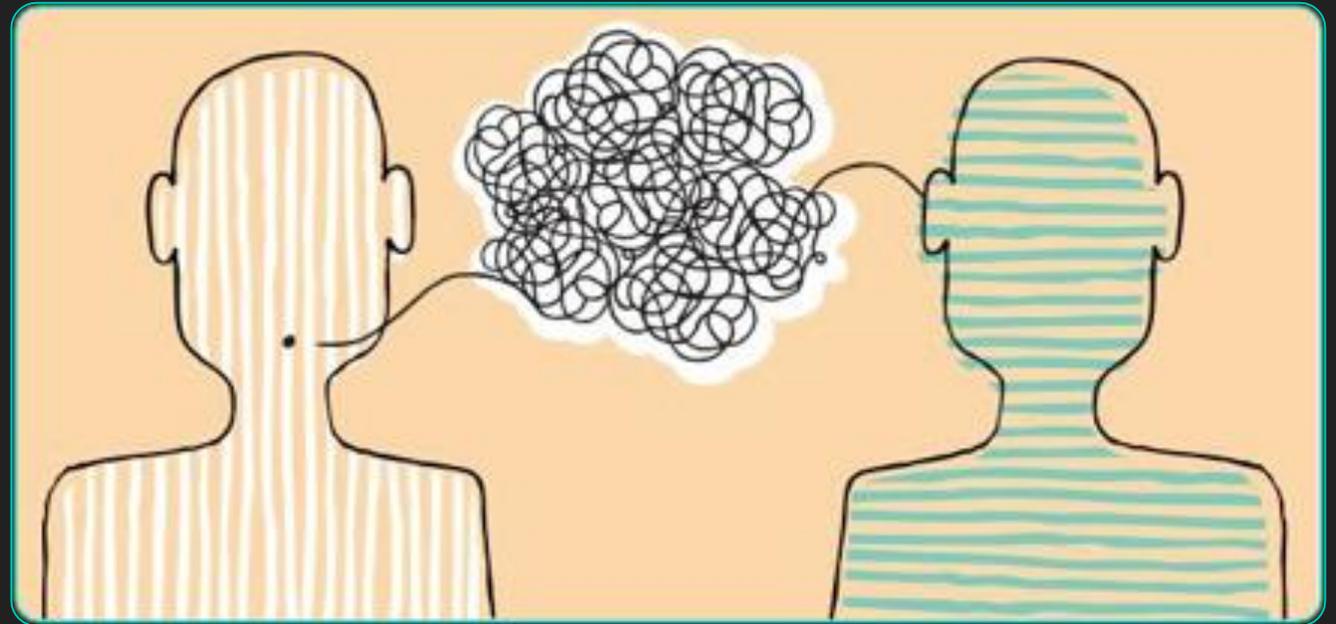
RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND
OF THE MESSAGES YOU SEND WITH YOUR
WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

Different ways to say the same thing!

- Positive language is key to developing good self-esteem.
- Think about how to phrase ground rules positively rather than negatively. For example 'When your room is tidy you can watch television'. Rather than 'If you don't tidy your room you won't be allowed to watch television'.



Let's have a practise!

○ Stop throwing the ball inside!

○ Don't.....

○ I missed you so much!

○ No!

○ Please take the ball outside.

○ I really like it when you.....

○ It's so great to see you.

○ I know you really like but if we have too much of it.....

Positive ways to find out about school.

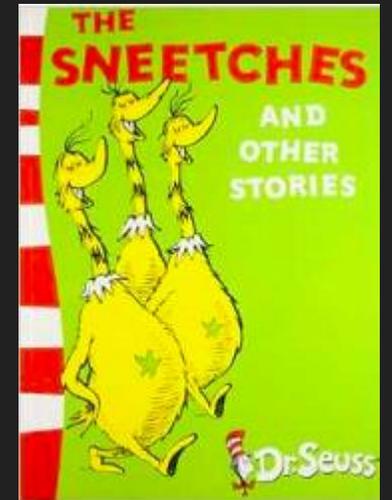
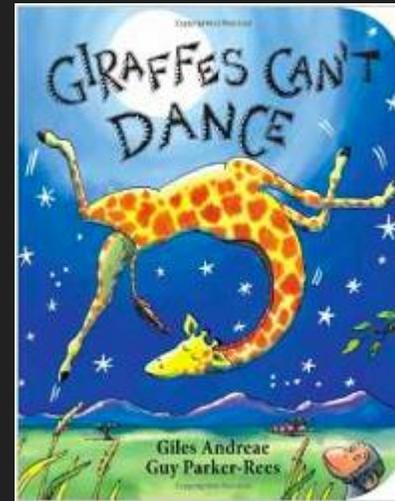
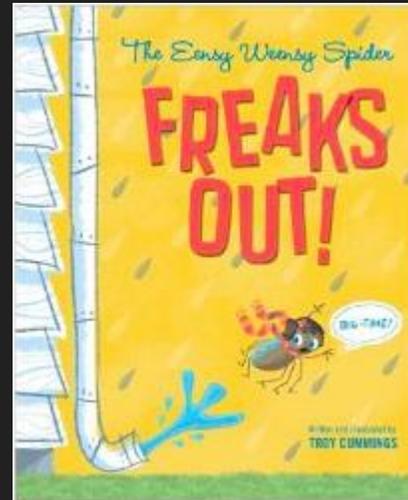
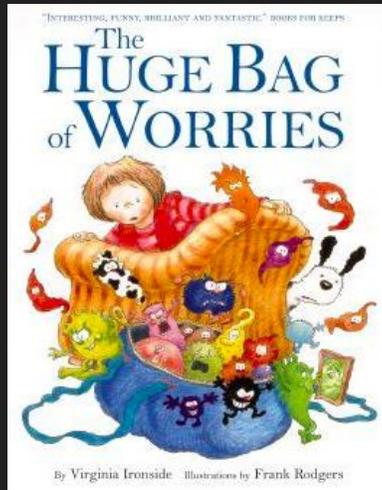
Here are some things to keep in mind when you're talking to your child about school.

- Try to ask open-ended questions to keep a conversation going.
- Often kids are not specific, so you have to ask for specific information when you want it.
 - Starting with factual questions is a great way to ease into conversation.
- Avoiding emotion-packed words (*happy, sad, mean*) can help the conversation go on longer.
- Asking positive questions gives your child a chance to express concerns. Negative questions tend to stop a conversation.

QUESTIONS TO ASK

- What was the best thing that happened at school today?
- Tell me something that made you laugh today.
- How did you help somebody today?
- How did somebody help you today?
- Tell me one thing that you learned today.
- When were you the happiest today?
- Tell me something good that happened today.
- Where do you play the most at playtime or lunch?
- What was your favorite part of lunch?
- If you got to be the teacher tomorrow, what would you do?
- If you could switch seats with anyone in the class, who would you trade with? Why?

Books to read with your child.





People will forget what you said
People will forget what you did
But people will never forget
How you made them feel. Maya Angelou