



Like, love, embrace & accept yourself.

Show **RESPECT** towards others and yourself.



Use good posture. Stand tall as you are.

Treat yourself with kindness & compassion, even & especially when life gets hard.



Follow your curiosities & learn! Try or create something new.



See MISTAKES AS AN OPPORTUNITY TO LEARN



Remember THAT NO ONE IS PERFECT.

Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.



Create, Build, Cook, Bake, Garden, Do Art.



Do more of what helps you feel good about yourself.

Look in the mirror & tell yourself, "I love you."



BE YOUR OWN BEST FRIEND

Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Don't compare yourself with others. You are unique!



READ!



Laugh! Play! Have fun! Get silly!

Say positive affirmations.

50 Ways to Build SELF-ESTEEM for kids



PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC

FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breathes.



EXERCISE!

Practice daily hygiene.



Resolve conflict peacefully & use I-Statements.

ASK FOR HELP & SUPPORT



HAVE A GROWTH MINDSET



Set goals & work towards them, step by step.

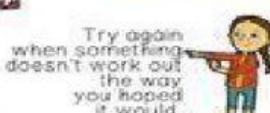
Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.



Try again when something doesn't work out the way you hoped it would.

Be responsible for your choices at school & at home.



SAY, THANK YOU WHEN SOMEONE COMPLIMENTS YOU

DRINK PLENTY OF WATER

Give yourself a hug.

Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS



Limit how much time you spend in front of screens.



COMPLETE YOUR SCHOOL ASSIGNMENTS



DO random acts of kindness.

HELP OTHERS

Reading Assignment:

In the picture above some difficult or new words are written. The meaning of the words are written below, click on the word to learn the pronunciation.

Self esteem: How much you value, respect and feel confident about yourself.



Responsible: Trust worthy; Reliable



Curiosity: A strong desire to know or learn something



Unique: One of a kind



Compliment: Praise



Optimistic: Hopeful; cheerful



Gratitude: feeling of thankfulness and appreciation



Compassion: Sympathy for another's suffering.



Hygiene: Cleanliness



Conflict: A struggle between two opposing force.



Opportunity: A chance to do something



Drag the right meaning into the box.

Word	Meaning	Drag me to the right box
Self-esteem		A strong desire to know or learn something
Responsible		A struggle between two opposing forces
Embrace		Hopeful, cheerful
Unique		How much you value respect and feel confident about your self
Curiosity		Trust worthy; reliable
Compliment		Cleanliness
Compassion		Except Readily
Optimistic		A feeling of thankful ness and appreciation
Gratitude		Sympathy for anothers suffering
Conflict		Praise
Opportunity		A chance to do something
Hygiene		One of a kind

Drag the right picture to the box

Opportunity		
Compassion		
Hygiene		

Optimistic		
Gratitude		
Conflict		

Responsible



Curious



Compliment



Unique



Selfesteem

