

## Self-Esteem

We hear this term all the time, but do we really know what it is?

People with **high self-esteem** believe in themselves. Positive self-esteem can help you feel good about yourself, no matter what other people think or say. Some benefits of high self-esteem include:

- Loving yourself
- The ability to bounce back when you make a mistake
- Feeling proud of yourself
- Recognising your own strengths and accepting your own weaknesses
- Feeling confident in solving problems and making decisions

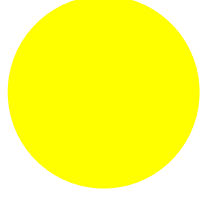
**Low self-esteem** is a lack of confidence in yourself. Low self-esteem can come and go, and it's common for most people to feel low in confidence at some points in their lives. Characteristics of low self-esteem include:

- Having a negative outlook on life
- Feeling bad about yourself
- Feeling that other people are better than you
- Focusing on mistakes instead of successes

Having healthy self-esteem helps us in many areas of our life. We have the courage to try new things, like making new friends. We believe in ourselves and know that good things can happen when we try our best.

# How can we improve our self-esteem?

- We can focus on the positives, especially when failures happen (which everybody experiences). If things go wrong (which they will) talk about them and learn where it went wrong. Remember no one is good at everything, but we all have strengths.
- Focus on your strengths. What are you good at? Write a list of what you think and ask other people what they think you are good at. Use your strengths to get through the more difficult times in life. For example, whilst we are on lockdown, if your strengths are being a good friend, stay in contact with your friends, check in on them, write them a letter/email. If your strength is art, produce some art, show everyone your art, put it in your window, sent it to people, show it off.
- Have healthy habits. Eat healthily, do regular exercise, get a good night's sleep, and drink plenty of water. All these things will boost your mood, and therefore impact on the way you see yourselves and how confident you feel.
- Try out the snapdragon below and start to think about your strengths, your unique qualities and start to be proud of who you a



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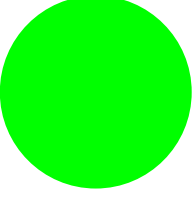
Tell me about a time you were brave.

2

Tell me three things you love about yourself.

Tell me about something you are looking forward to.

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What makes you special ?

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What is your greatest talent ?

What is the nicest thing someone has said to you?

Tell me something that makes you happy.

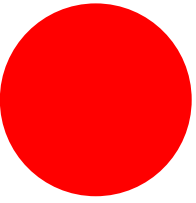
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What is your favourite thing to do ?

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## **Snapdragon instructions**

1. Print and cut round outside of snapdragon
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the colours
6. Slide your thumb and your finger behind 2 of the colours and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two colours
8. All the colours should now be at the front with centres touching and you are ready to use your snapdragon