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Community Activity

Confidence/ Self-esteem

1st Session)

What is Confidence?

1. feeling or belief that you can do something well or succeed at something
2. a feeling or belief that someone or something is good or has the ability to succeed at something
3. the feeling of being certain that something will happen or that something is true

Tips on Self-Esteem and Confidence for Children.

Relationships

Give your child a sense of her family, culture and community. Help her to know about relatives, family, family history and cultural beliefs and practices.

Encourage your child to value being part of your family. One way to do this is by involving children in chores. When everyone contributes to the smooth running of the household, you all feel important and valued.

Make your child's friends welcome and get to know them. Encourage your child to have friends over to your house, and make time for your child to go to their houses.

Time and activities

Develop family rituals. These could include a story at bedtime, a special goodbye kiss or other ways of doing things that are special to your family.

Help your child try hobbies that he's interested in. But don't push your child to do something that he's not keen on, or not good at.

Let your child help you with something, so that she feels useful. For example, your school-age child could help you set the table for dinner.

Achievements and challenges

Encourage your child to think about how to solve problems. When you help your child with problem-solving, you're giving him the tools he needs to cope with life's challenges.

Celebrate achievements and successes, whether they're big or small. Encourage siblings to recognize each other's successes, and tell other people about them (without going overboard).

Keep special reminders of your child's successes and progress. You can go through them with your child and talk about your special memories, and the things she has achieved.

Spend quality time with your child. Listen to him, and help him learn new things and achieve goals. When your child is younger, this might mean praising and encouraging him when he learns something new, like riding a bike or writing his name. For older children, it might be taking them to sport on the weekend, helping them practice during the week, and taking an interest in what they value.

Things that can damage children's self-esteem

Messages such as 'You are slow, naughty, a bully, a sook ...' say something bad about children as people. If a child does something you don't like, it's better to tell her what she could do instead. For example, 'You haven't done your homework. You need to sit down now and finish your math questions'.

Threatening to leave children if they don't do what you want, or messages that imply that life would be better without them, might harm children's self-esteem. For example, 'If it weren't for the children, we could afford a new car'.

Ignoring children, treating them like a nuisance, not taking an interest in them, or sending any message that you don't like them – these things are likely to be bad for children's self-esteem. An example might be, 'I am sick and tired of you.' Frowning or sighing all the time when your child wants to talk to you or ask you for something might have the same effect. All parents do this occasionally. But if you do it all the time, children get the message that they're a nuisance.

Negative comparisons with other children, especially brothers and sisters, are unlikely to be helpful. Each child in your family is different, with individual strengths and weaknesses. It's better if you can recognize each child's successes and achievements

2nd Session)

Animal-Esteem Game

This animal-based game from the book "Self-Esteem Games" by Barbara Sher assists young children identifying their strengths. They are asked to pick an animal, tell others why it is similar or like themselves and then act out the animal's actions and antics. They would state "If I were an animal, I would be a __, because it is good at __, just like me!" A child who chooses a rabbit would probably state that he is fast and smart, just like a rabbit. He would then proceed to hop and run just like a bunny. This activity would increase a child's confidence by having him identify his strengths.

If we have time we will do a crafty part in our snack rooms.