

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.

BE YOUR OWN BEST FRIEND.

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



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



READ!



50 Ways to Build SELF-ESTEEM for kids

Do more of what helps you feel good about yourself.



Learn & practice healthy ways to cope with stress.



Say positive affirmations.



FOCUS ON THE POSITIVES & BE OPTIMISTIC!

FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breathers.

exercise



Practice daily hygiene.



TELL THE TRUTH & BE HONEST.

Eat healthy food.

Say "no" to things you are uncomfortable with.

TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.



focus on solutions, NOT PROBLEMS.

Say what you want, need & hope for.



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



Remind yourself that your bravery is stronger than your fear.

DRINK PLenty OF WATER

Get enough sleep.

SAY, THANK YOU WHEN SOMEONE COMPLIMENTS YOU



ASK FOR HELP & SUPPORT.

HAVE A GROWTH MINDSET.



Set goals & work towards them, step by step.



Be responsible for your choices

PRACTICE GRATITUDE.



Resolve conflict peacefully & use I-Statements.



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

Make choices that stay true to what you value.

Empowering Children A Parents Guide To Buildingin Succes And Selfesteem

Ying Liu



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