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Summary I

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**MYSELF!**

**?CONFIDENCE**

**BUILDER BOOK FOR**

**KIDS - Kids**

**Stories Read**

**Aloud | Fun**

**Stories Play**

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shows you how  
raising your  
self-esteem can  
stop you  
worrying whether  
you are doing  
the right thing  
or whether you  
are good enough,  
help you engage  
in relationships  
constructively  
without putting

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yourself down,  
and allow you to  
assert yourself  
without worrying  
about others'  
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guide shows you  
how raising your  
self-esteem can  
stop you

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you are doing  
the right thing  
or whether you  
are good enough,  
help you engage  
in relationships  
constructively  
without putting  
yourself down,

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Introduction.

Self-Esteem is a  
topic that is  
discussed  
amongst young

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esteem and in schools, but it often goes unnoticed outside of these environments.

Whilst government advisors, educators, mental health experts and psychologists all agree that

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self-esteem is extremely important to our wellbeing, it's not something often talked about.

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Introduction to  
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SAMHSA – Mary  
Ellen Copeland,  
M.S., M.A.

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Ross (lic) Most  
people feel bad  
about themselves  
from time to  
time. Feelings  
of low self-  
esteem may be  
triggered by  
being treated  
poorly by

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Someone else  
recently or in  
the past, or by  
a person's own  
judgments of him  
or herself.

~~Introduction to  
Self Esteem—  
Self Esteem~~

Body image is  
just one of the  
issues they're  
likely to deal

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with. This guide will focus on practical advice for improving their self-esteem and supporting them as they grow up.

1. An introduction to body image. 1.1 Influences on teenagers today. 1.1.1 Social

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media; 1.1.2

Fear of missing  
out (FOMO) 1.1.3

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2. Body image  
advice. 2 ...

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This Practical  
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how raising your  
self-esteem can  
make you feel  
better about  
yourself; let  
you stop you  
worrying about  
whether you are  
doing the right

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thing or whether  
you are good  
enough; help you  
engage in  
relationships  
constructively  
without putting  
yourself down  
and allow you to  
assert yourself  
effectively in  
all situations.

~~A Practical~~

*Page 36/46*

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Introducing  
Value ...

Keeping a self-esteem journal is a great way for children to begin thinking about the good things that they do and experience, setting them up

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for a positive  
outlook on life.  
This worksheet  
lists three-  
sentence  
completion  
prompts for each  
day of the week,  
starting with  
Monday. The  
prompts include  
"One thing I did  
great at today..."

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yourself; let  
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to-follow  
techniques for  
improving your  
self-image. It's  
packed with

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disciplines so  
you can achieve  
a realistic and  
positive view of  
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live a happier  
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successful life.  
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and overcome

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