

TOPIC 5: SELF-ESTEEM

The class learned about self-esteem, which is what you believe about yourself and how good you feel about yourself and your abilities. There can be three possible sources of self-esteem, which include yourself, other people, and events. It is important to know that everyone recognizes or celebrates their strengths and accomplishments in different ways. Self-esteem is about accepting your accomplishments, not about bragging to others.

RECOMMENDED READING

Picture Book:

I Am Every Good Thing by Derrick Barnes and Gordon C. James

Chapter Book:

Garvey's Choice by Nikki Grimes



SKILLS

- “Own your strengths,” which means that even if you do poorly at something you are generally good at, you do not think of yourself as a failure.
- Be flexible in the way you think about yourself and your performance rather than an “all-or-nothing” thinker. Be kind to yourself and compliment yourself using positive self-talk.
- Accept compliments from others, instead of dismissing or downplaying them with comments like “it was just chance.” It can also feel great to give someone a compliment when they do a good job on a class project, or when they handle their disappointment if they lose a game.

TAKEAWAYS

- Self-esteem is what you believe and feel about yourself and your abilities. Even when things do not go your way, you can use positive self-talk to manage these feelings.
- Self-esteem can come from three different sources: yourself, other people, and events.
- Part of feeling good about who you are is appreciating when someone points out something great about you or something you accomplished.

AT HOME PRACTICE

When your family is all together, such as at a meal or in the car, practice not only giving compliments to each other, but also receiving them by saying “thank you.” As a reminder, compliments should focus on the other person’s character traits or strengths and not appearance, clothes, or other material items.