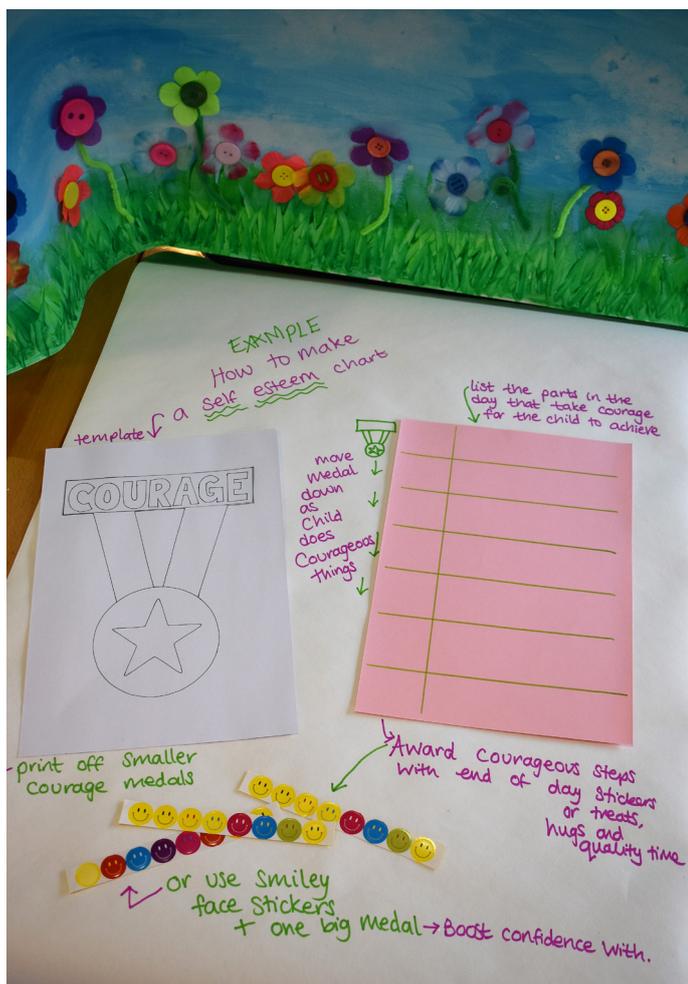


Make a self-esteem chart



3. Grown-up: in the second column, write or draw pictures of things that often happen during the day which you know take a bit of courage on your child's part to achieve them (eg a shy child arriving at school/nursery and saying 'hello' to someone; a child who is struggling with learning to read tries really hard to figure out a tricky word, etc).
4. As the day unfolds and your child begins to do each thing, you can encourage them to move the medal or place a smaller medal in the box every time they do something that you/they think took courage.
5. At the end of the day, reflect together on all the times they moved or stuck a medal on the board, and celebrate these! The words, 'I'm so proud of you for trying' are music to a child's ears. You can talk about the times that felt harder or help them understand why they perhaps struggled to get a medal at that point – focusing on building them up and encouraging them to see how they can become braver next time. Finish with a positive – 'I know you can do this / You've got this / I believe in you!' The more involved they are in the process, the more likely their self-confidence will grow.
6. As the child's courage grows, start using an imaginary medal in their head removing the made one. Over time, remove the chart altogether and use visual reminders like pretending to put a medal on their front – either when you see them doing something brave or as a secret sign between you that reminds them to be courageous and to remember that they have the courage they need to achieve the task. You might catch them putting on their own invisible medal showing their new found confidence! It is wonderful to be able to encourage ourselves – so that's worth celebrating too!

What you need:

- A medal. You can either make one special one, or print the template from the activity above smaller and make a number of smaller medals.
- Large piece of card
- Ruler
- Pencil
- Colouring pencils/pens/crayons
- Blu-tack

How to make your self-esteem chart:

1. First, make your medal or medals.
2. Find a large piece of card and create 2 columns – one to stick the medal on and the other to write the happenings of the day.