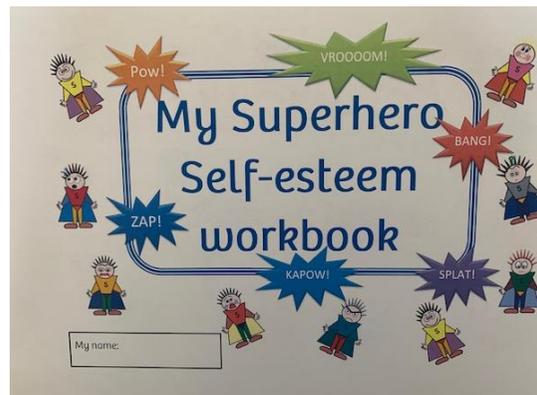




# Moorside Primary School and Nursery Building Resilience and Self-esteem



(Taken from ELSA support)

This information has been collated from a range of sources and resources (listed) to provide support, advice and strategies for parents and carers of children at Moorside Primary School and Nursery.

## What is Self-esteem?

*'Self-esteem is how a person feels about themselves. Someone with positive self-esteem will generally approach things thinking they are a good person who deserves love and support and can succeed in life. Someone with low or negative self-esteem will generally think they are not good at things, don't deserve love or support and that situations will work out badly for them. The pressures of modern life for children and young people are having a real impact on their self-esteem; social media, cyberbullying, bullying, body-image, academic expectations, family problems, gang culture and global anxiety are just some of the difficult things that young people are trying to grapple with'. <https://youngminds.org.uk/media/3690/self-esteem.pdf>*

*Please see Appendix 2 for further information.*

### Children and young people with high self-esteem:

- ◇ Have a positive image of themselves
- ◇ Are confident
- ◇ Can make friends easily and are not anxious with new people
- ◇ Can play in groups or on their own
- ◇ Will try and solve problems on their own, but if not able to will ask for help
- ◇ Can be proud of their achievements
- ◇ Can admit mistakes and learn from them
- ◇ Will try new things and adapt to change



### Children and young people with low self-esteem:

- ◇ Have a negative image of themselves and may feel bad, ugly, unlikeable or stupid
- ◇ Lack confidence
- ◇ Find it hard to make and keep friendships, and may feel victimised by others
- ◇ Feel lonely and isolated
- ◇ Tend to avoid new things and find change hard
- ◇ Can't deal well with failure.



- ◇ Tend to put themselves down and might say things like "I'm stupid" or "I can't do that" (before they have tried)
- ◇ Are not proud of what they achieve and always think they could have done better
- ◇ Are constantly comparing themselves to their peers in a negative way

Most children will have dips in self-esteem as they go through different stages or challenges in life. Starting a new school, moving house, changes in the family and many other factors can affect a child's confidence, but with support from parents and other adults they usually get through this.

However, some children seem to have low self-esteem from an early age. This may be partly down to their personalities or they may have had an unsettled time as a baby or toddler.

Other children develop low self-esteem following a difficult time such as divorce, bereavement or being bullied or abused, and can't bounce back.

### **Resilience and self-esteem**

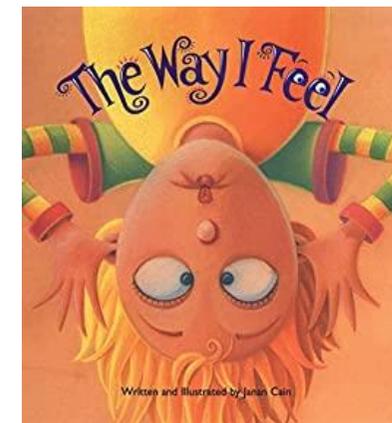
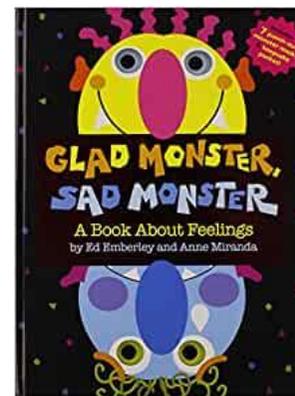
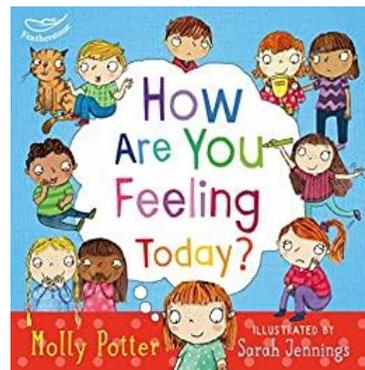
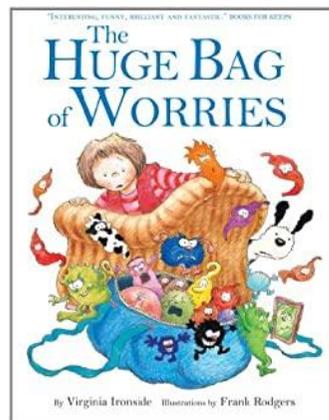
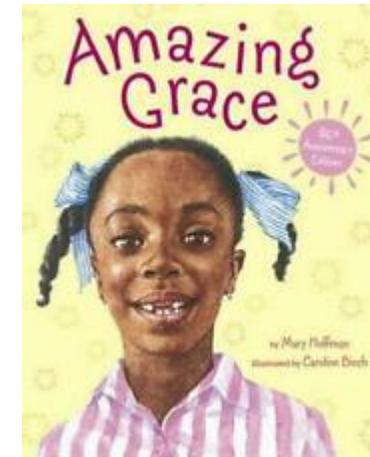
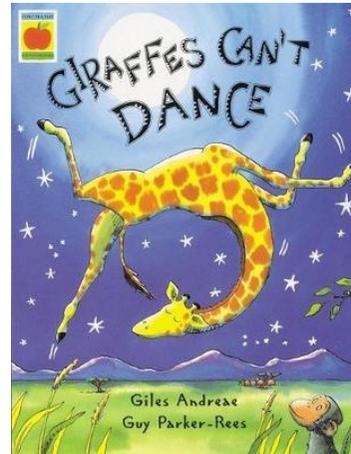
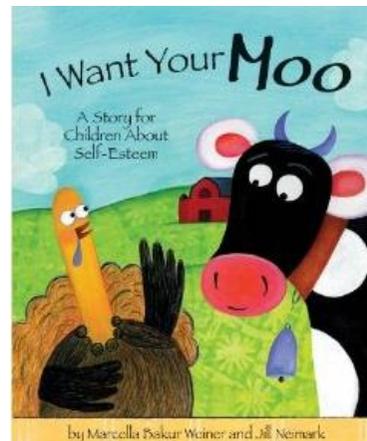
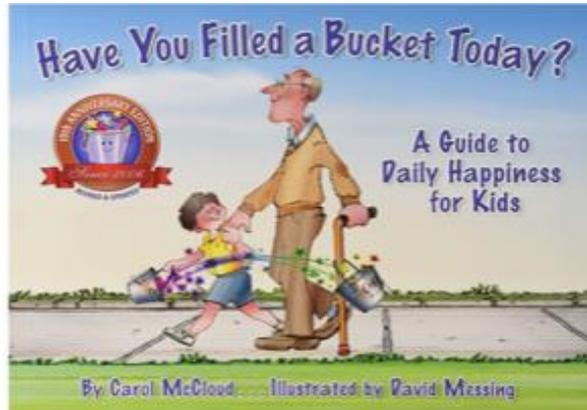
Resilience is being able to deal with the ups and downs of life, and is key to raising self-esteem. There are a lot of different factors that determine whether a young person is able to cope well, or not so well, when times are tough. Being able to 'bounce back' is more likely when a child:

- ◇ Has had secure early attachments
- ◇ Has a clear sense of identity
- ◇ Communicates well with others
- ◇ Can set goals and try to meet them
- ◇ Understands how to go about solving problems
- ◇ Is able to think and act independently
- ◇ Is able to manage sometimes negative thoughts and feelings, and move on from them
- ◇ Is loved and valued by family and friend.

Story suggestions which support self-esteem:

*Online stories to help children to understand values:*

<https://freestoriesforkids.com/tales-for-kids/values-and-virtues/stories-about-self-esteem>



## Tips for Parents

Here are some things you can do that can really help:

*([www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem](http://www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem))*

1. Show your child lots of love and be positive about them as a person – tell them what makes them special to you.
2. Set an example of having a positive attitude when faced with challenges.
3. Let them know you value effort rather than perfection. Children can miss out on lots because they don't try, because they are too anxious about not 'succeeding'.
4. Encourage them to try new challenges, and celebrate them for it. Phrases like "Well done, that was hard, and you managed it," are good. Make the steps small at first, then increase the challenges.
5. Help them set goals and make plans for things they'd like to accomplish. Keeping track builds good feelings about each milestone achieved.
6. Let them know they should not be afraid to voice their ideas and opinions. It's ok when people disagree, we all see things differently.
7. Give praise for their successes, and don't focus on areas where they have not done so well. Get into the habit of asking them about three good things that went well today.
8. Reassure them it's OK to make mistakes and that it's all part of life. Getting it wrong is not the end of the world and happens to everyone and it's how we learn.
9. If you are unhappy with their behaviour, tell them, but make clear that you still love them.
10. Acknowledge their feelings and help them express their feelings in words. For example, encourage them to say, "I'm upset because..." or "I feel happy when..."
11. Challenge them when they criticise themselves, so that they start saying things like, "yes I can do this," instead of "I can't do this".
12. Help children discover and develop their talents, through clubs, groups and activities. Finding something they are good at provides a huge boost to their feelings of self-worth. Encourage them to express themselves creatively, through art, drama or music.
13. Get them involved with voluntary or community projects that make a difference to someone else to develop a more positive opinion of themselves.
14. Allocate 20 minutes each day to chat, laugh, and do something together. Our [#Take20 Parents' Hub](#) has 20 activities you could do in 20 minutes.

## Superhero Workbook

The Super hero booklet created by ELSA can be worked through daily or 2-3 times per week to build confidence, resilience and the self-confidence to be proud of who they are, and the contributions they make. Each page and activity encourages children to reflect on what's good about themselves and helps them to understand and reflect on the different feelings that they are experiencing on a day to day basis.

### What about your favourite superhero

What are they like? What qualities do they have? Do you have any qualities in common? Draw your favourite superhero in the box and draw lines to the statements that are true about them.

Friendly

Athletic

Faithful

Energetic

Lonely

Protects the weak

POW!

Honest

Intelligent

Caring

Quiet

Happy

Nice to people

Angry

Strong

Playful

Tough

Helpful

Fair

Here is a list of words which you could learn and then use

delighted

elated

cheerful

joyful

furious

exhilarated

anxious

worried

fearful

Look in a dictionary to find out some more 'feelings' words

Listen to adults and other children talking. Are they using any 'feelings' words?

surprised

disgusted

proud

nervous

annoyed

enraged

upset

bored

calm

When you are reading a book, look for new 'feelings' words

When you watch TV or a DVD listen carefully for 'feelings' words.

We hope that the children enjoy completing this workbook and that it helps them to feel more confident to take on challenges and accept both disappointments and achievements.



## A Glad Book:

A glad book helps you to reflect on good things that happened in your day. Each day, write 3 things that make you glad – it doesn't matter how small they are! When you are having a day when you do not feel so good about yourself, you can read back the good things that have happened and remember to be glad.

Eg Monday:

- 1) I am glad that it was a sunny day so that I could play outside with my friends after school.
- 2) I am glad that my mum made me my favourite sandwiches for lunch.
- 3) I am glad that my teacher enjoyed reading my story that I wrote.



If you are worried your child's low self-esteem is affecting their day to day life, relationships or ability to learn and develop, it is worth seeking professional help. You can talk to your GP, and you can go without them if they would rather not come along with you. It can be helpful to write down what makes you think your child has low self-esteem, and anything you think might be causing it.

### Contacts

NYCC Healthy Child Team – 01609 798266

NYCC Early Help Service – 01609 534842

Compass Buzz – 01609 777662

#### Young Minds

Advice and information for parents

Self-esteem

Parents Helpline 0808 802 5544 [youngminds.org.uk](http://youngminds.org.uk) Mon–Fri 9.30am–4pm

### References

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>

<https://www.kiddycharts.com/?s=mood+diary>

### Appendices

Appendix 1: My Superhero self-esteem workbook

Appendix 2: For Older Children Young Minds Parent Support booklet