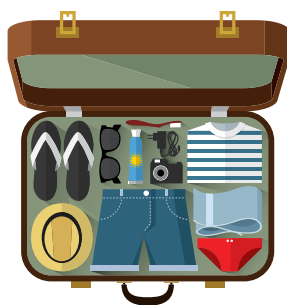


ACTIVITIES TO HELP FOSTER POSITIVE SELF-ESTEEM FOR YOUR CHILD

A positive self-esteem is one of the best defenses children can have when confronted with difficult situations... in class, in relationships with peers and even later in work settings.

When children are confident, they can assert themselves and make wise choices. On this topic, many studies have shown that when children have a positive image of themselves, they are less likely to become victims of abduction, assault or exploitation.

When children believe that they have the capacity to overcome obstacles and complete tasks on their own, they feel stronger. There is no magical recipe to help enhance a child’s confidence. However, these activities are a great base to start from.

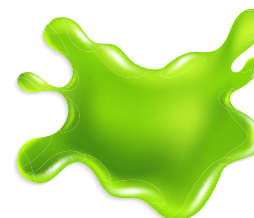


Prepare their luggage for a trip

Help reinforce your children’s confidence by encouraging them to develop their autonomy.

Before leaving on your next family trip, ask your children to prepare their own luggage. Once they think they are done, check what they have packed and have them think of certain items they might have forgotten by asking them a reflective question.

For example, instead of saying right away: “You forgot your rainboots”, we suggest you say “Do you have everything you would need if it rains?”



Teach me

Children can gain confidence and develop their self-esteem by demonstrating their newly acquired skills.

Give your children the chance to impress their friends and family and have fun learning how to make their very own “slime” (slime: a sticky substance that can be stretched or molded).

Start by finding a recipe that is suitable for your children and ask them to follow the instructions without your help. Once they have mastered the recipe, ask them to explain the process.

Afterwards, invite friends and family and have fun!



Learn from your mistakes

Help your children consider their mistakes as learning opportunities, not as failures.

Encourage your children to create their very own recipe: listing the ingredients, necessary quantities and the steps to follow. Pick something that you normally prepare as a family, such as pancakes or a cake. Do supervise the recipe to ensure their personal safety, but try not to intervene too much. Let them be creative! Even if they want to add black beans or hot peppers... let them experiment.

After their first attempt, ask them: "What could you have done differently?" Then, allow them to modify the recipe and try it all over again.



Build a boat

Problem solving is another way to foster self-esteem.

Give your children a challenge and let them think of solutions. One excellent exercise is to give your children different items from the recycling bin: juice boxes, cereal boxes, cans, yogurt containers, jars, etc. Then, challenge them to build a boat out of the items. They can use tape, glue, colouring pencils, string and scissors.

Allow them to explore different creations and remember to test their boats!