

HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

GUIDE



I Am Enough

By Grace Byers

Questions and discussions during read-aloud stories can promote social and emotional development. You can read this story on multiple days during the week and engage children by asking some of the questions below.

- What do you like about yourself? What things do you do well?
- Sometimes we have to remind ourselves that we like ourselves. Discuss an affirmation statement such as, "I love who I am. I am enough."
- Even when not so good things happen and we make a mistake, we should like ourselves. Practice turning a negative into a positive. Example: "I spilled my milk, I'm clumsy." could turn into, "I spilled my milk. I can clean it up!"

Using pictures of the children or cutouts from magazines have children create a collage of the things they like about themselves and what they are good at doing.

Develop an affirmation statement and say it with the children daily.

Have the children draw a self-portrait.

Adults can continually practice being a role model for saying positive things about yourself.

Take turns giving compliments to each other throughout the day.

FLYING HIGHER

Take time to explore what makes each person unique. How is each person different and special?



SUPER POWER

Self-Esteem

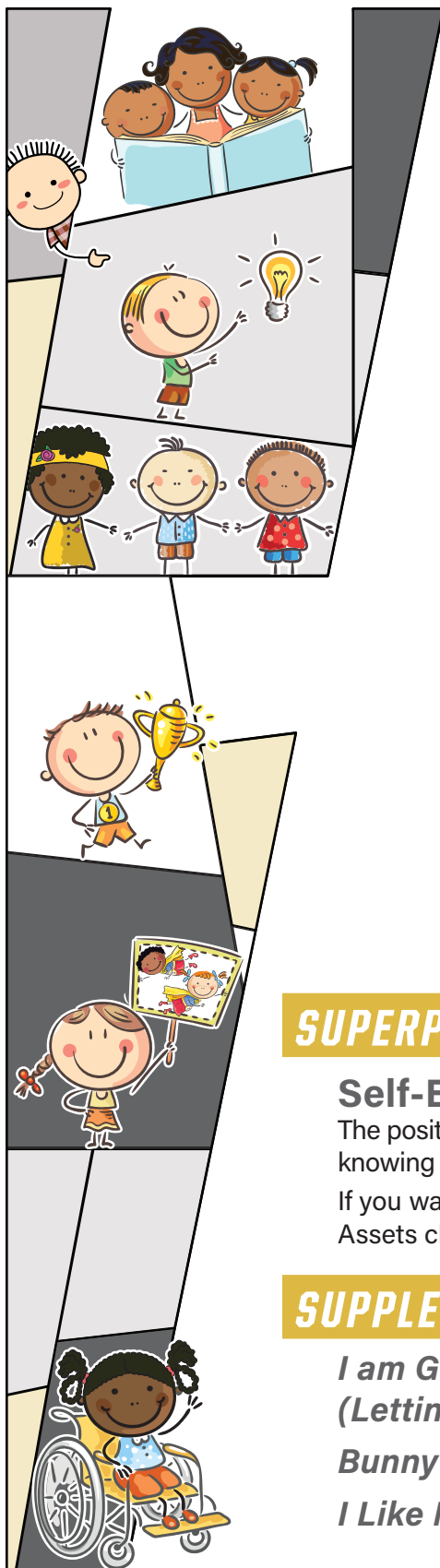
The positive identity of believing that we're capable, and knowing our contributions are valued and worthwhile.



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FAMILY NEWSLETTER



THIS WEEK WE READ

I Am Enough by Grace Byers

Your child learned about the positive identity asset of self-esteem; celebrating what makes them unique and special.

THINK ABOUT IT

What are your expectations for your child?

How do you react when your child fails to meet your expectations?

Self-esteem is shaped by a child's own opinions, and by the opinions and expectations of the people in their lives. How children are treated by parents, teachers, and friends has an impact on their self-esteem.

How You Can Teach Self-Esteem

Kids need acceptance in order to develop positive esteem.

Accepting your child - their good and their bad, successes and failures, allows your child to accept him/herself.

Focus on your child's strengths. Make them feel important. Teach them that feeling special doesn't mean feeling better than others.

Give them age appropriate responsibilities and chores around the house (be prepared for them to make mistakes). Let them know their efforts and contributions are valuable.

Adult Superpower: Remember to be kind to yourself, too! You deserve your own love and affection, as much as anybody else in the entire universe.

SUPERPOWER

Self-Esteem

The positive identity of believing that we are capable, and knowing our contributions are valued and worthwhile.

If you want to learn more about the 40 Developmental Assets check out Search Institute Website: puext.in/40.

SUPPLEMENTAL READING:

I am Gonna Like Me

(Letting Off A Little Self-Esteem) by Jamie Lee Curtis

Bunny Bear by Andrea J. Loney

I Like Myself by Karen Beaumont

THE WAY WE TALK
TO OUR CHILDREN
BECOMES THEIR
INNER VOICE.