



Life Skills Training

Dear Family:

Self-esteem is how we feel about ourselves. When children feel good about themselves it shows in their behaviour – it affects how hard they try at learning new things, like in school, hobbies or other activities. The children learned about being unique. They found out what they have in common with different people, and what's different. We talked about how important it is to value the things that make us unique – the world would be a very boring place if everyone was exactly the same!

Over the next few weeks we'll keep doing activities to help build up the children's self-esteem. There are things that families can do that help as well. Children love it when we notice and compliment what they've done well! Sticking a picture they've done up on the fridge or wall, or encouraging them to show other family members what they've done can be a great way to give them a boost. There might be days when your child might not feel like they're fitting in with others – talking with them about all the great things they can do, and what they have in common with other people can help. On the other hand there might be days when they feel like there's nothing special about them – they might feel like everyone else is winning trophies or doing special things and they're not. Kids can be too tough on themselves! It can help to remind them about all the special things that make them unique – there's an activity in their *LifeSkills Magazine* that can help remind them about all the things that make them special. They might like to show it to you.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes