



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. In *LifeSkills* today we talked about how some people have high self-esteem and some people have low self-esteem. Some children feel bad about themselves because they don't feel like they are good at anything. Today we did some activities to help every child start to identify and discuss things they could do so they could feel good about themselves, and some things they wanted to improve. Building up a child's self-esteem can help them feel better now, as well as make healthier decisions later on in life.

Over the next few weeks we'll keep doing activities to help build up the children's confidence and self-esteem. There are things that families can do that really help as well. Many children take what they can do for granted. It can really help build a child's self-esteem to hear the people they care about noticing and complimenting what they've done. This might be when they've helped tidy up, been nice to their brother or sister, or taking a few moments to ask them about a project they've been doing in school. It can be very powerful for a child to hear the words 'well done' or 'I like the way you did that', and to feel a sense of pride showing you what they've drawn or learnt about that day. Children are always learning so not everything will turn out perfectly, but if we focus on the effort that they're making, it will encourage them to keep trying and improving.

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,