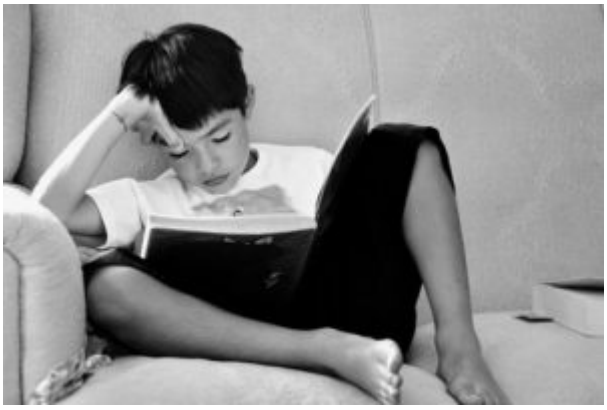
Resources for Kids on Building Self-Esteem



Resources on Self-Esteem for Kids

Understanding self-esteem, and improving their own self-esteem, can be difficult for kids to do. The way kids and teens learn today has changed dramatically, with many young people turning to the Internet to learn about various topics. This makes websites one of the best platforms for them to learn about having good self-esteem. Of course, some websites are better than others, which is why we've put together a list of some of the best resources for kids. Take a look at the resources we have collected below for kids on building self-esteem, and be sure to share them with your kids. Don't forget to check back frequently for more!

Pins:

https://www.pinterest.com/pin/346284658842824783/ This activity is fun, easy, and helps you think about the qualities that make you great!

https://www.pinterest.com/pin/597431325419483336/ This positive self-talk activity is easy and helps you to understand how to

talk nicely to yourself.

https://www.pinterest.com/pin/515662226074352156/ This pin leads to an article that includes a variety of self-esteem building activities for kids and teens who suffer from low confidence.

Articles:

https://kidshealth.org/en/teens/confidence.html This article from TeensHealth describes confidence, why it matters, and ways to build confidence.

http://mosswoodconnections.com/encouraging-children-healthy-self-esteem/ This article is awesome for encouraging a healthy self-esteem. It includes activities and mantras for kids that build confidence.

https://www.merakilane.com/positive-affirmations-kids-189-positive-things-say-child/ This article includes 189 positive things you can say to yourself or outloud to boost your confidence and mood.

https://positivepsychologyprogram.com/self-esteem-worksheets/ These printable self-esteem worksheets for teens are awesome and include: a self-esteem journal and a gratitude journal.

http://www.inspiremykids.com/2017/confidence-quotes-for-kids/ This website includes a list of quotes that will help kids and teens build their confidence. This collection of quotes can serve as an inspiration for building confidence and becoming a better version of yourself!

Videos & Podcasts:

https://www.youtube.com/watch?v=A2RlHM8xfmM “Henry and Leslie”

by Deborah Dyass is a story that teaches children about self-love. Knowing your strengths and acknowledging that not everybody is perfect is a great foundation for teaching children about building confidence and the importance of self-love.

https://www.youtube.com/watch?v=l_NYrWqUR40 When faced with a big challenge where potential failure seems to lurk at every corner, you've probably heard the advice, "Be more confident!" But where does confidence come from, and how can you get more of it? Here are three easy tips to boost your confidence.

http://dreambigpodcast.com/ This family-friendly podcast inspires kids to pursue their passions in life and take action to make their dreams a reality. Its 20-30 minute format makes for the perfect length for parents and kids to listen in the car on the way to school, activities, or playdates.

Visit the **South County Child & Family Consultants** website for more great articles!