



## Counselor's Corner

### November 02, 2018

### Did You Know?

Self-esteem is our beliefs about our self; how capable and worthy we feel. We have the power to build or diminish self-esteem of students with our words. When a student misbehaves, discuss the behavior, such as, "That behavior was hurtful, and I know you are a nice kid. How can you make a better choice?" Avoid labeling the child as bad. Attempt to praise positive behavior and use criticism sparingly. Try to use praise at a ratio of 5 positives to 1 negative. Avoid the pitfall of comparing students to peers/siblings. Sometimes adults say that students should be like someone else. This implies they are wrong or not as good as the other person. Students need to know it is okay to be different and you don't expect perfection.



### Building Self-Esteem



Through counseling children for many years, I have noticed that problems with learning, developing friendships, willingness to try new things and problem solving can often be rooted in poor self-esteem. Helping students develop a healthy self-esteem is one of the most important things we can do for them.

Teachers can help by:

- Notice when students have done something well and tell him/her in specific terms. Don't give unrealistic/undeserved praise. Students see through this and learn not to believe praise.
- Students learn how to function in groups by practicing in the classroom and smaller groups. Set them up to be a team player by providing group experiences.
- Give students jobs. Helping you or peers allows students to feel competent and needed in the class.
- Give the gift of time. If you can spare a few minutes to listen to a student, he/she will feel loved and worthy. (Something many don't feel at home.)
- Turn a negative into a positive. Show students what they learned from a mistake.



### Related websites/contact information:

[https://classroom.kidshealth.org/prekto2/personal/growing/self\\_esteem.pdf](https://classroom.kidshealth.org/prekto2/personal/growing/self_esteem.pdf)

<http://www.discoveryeducation.com/teachers/free-lesson-plans/self-esteem.cfm>

[www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids](http://www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids)

