



Like, love, embrace & accept yourself.

Show **RESPECT** towards others and yourself.



Use good posture. Stand tall as you are.



Follow your curiosities & learn! Try or create something new.

Treat yourself with kindness & compassion, even & especially when life gets hard.

See **MISTAKES** AS AN OPPORTUNITY TO LEARN



Remember That **NO ONE** IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND



Create, Build, Cook, Bake, Garden, Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!



READ!

Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Laugh! Play! Have Fun! Get Busy!

Say positive affirmations.



50 Ways to Build SELF-ESTEEM for kids



PRACTICE GRATITUDE

FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.



EXERCISE!

Practice daily hygiene.



TELL THE TRUTH & BE HONEST



Resolve conflict peacefully & use I-statements.

ASK FOR HELP & SUPPORT

Set goals & work towards them, step by step.



HAVE A GROWTH MINDSET



Get enough sleep.



SAY, "THANK YOU" WHEN SOMEONE COMPLEMENTS YOU

DRINK PLENTY OF WATER



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.

COMPLETE YOUR SCHOOL ASSIGNMENTS



Limit how much time you spend in front of screens.



DO random acts of kindness.

HELP OTHERS

Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS

