[Skill book 12]

First, children often don’t understand the concept of self-esteem or why it’s important. During the first session, I share the story Yucky Me! Yahoo Me! to help children understand what self-esteem is and that positive self-esteem is a choice!

[Skill book 1]

 How kids feel about themselves is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs, they become empowered to handle the ups and downs of growing up without getting down on themselves. During the second session, I share the story Who’s Flying Your Plane and help kids understand how their mind shapes their world and what they can do to shape their mind! We also have a fun paper airplane activity that we do to reinforce the learning.

[Skill book 13]

During the third session, we talk about a self-esteem crusher and that is the danger of comparison. Kids often live in the world of comparisons – seeing themselves as “better than” or “less than” someone else. Judgment with a feeling of “less than” leads to self-criticism and self-doubt as kids see everyone else as “better than” they are. This destroys self-esteem as kids fail to see their own uniqueness, gifts, and talents. I share the story The Sun, The Wind, and The Rain to help kids understand the danger of comparisons. We also have a fun activity to help kids discovering and honoring their uniqueness and the uniqueness of others.

[Skill book 15]

After children have uncovered their uniqueness, we work on solidifying a positive self-concept by learning to develop positive self-talk. Positive self-talk helps children build “program” their mind for positive self-esteem by building strong neural pathways. I share the story Choosing Your BFF (Best Friend Forever) to help kids understand how to use the power of positive selftalk and become their own BFF. We also have a fun activity that helps children create their own positive self-talk mantras and decorate a self-talk mirror they can take home with them.

[Skill book 5]

Finally, when things don’t go their way, kids often get down on themselves. A powerful skill for children to learn is how to separate both events and their results from “who they are” as a person. At Adventures in Wisdom we call this “power shifting” (often referred to as reframing). I share the story Power Goggles and help kids understand how to handle the ups and downs of growing up without getting down on themselves. We also have a fun activity where they get to create their own power goggles to reinforce their learning!