



Need to boost your self esteem

What is self esteem?

Self-esteem is the picture of your own self, the perception of what you believe about yourself. It's an evaluation you do of your own self and how you feel about yourself. If your self-perception is positive, you are said to have a good self-esteem, a positive self-image.

Other synonyms used by people for self-esteem include the following:-

Self-worth

Self-image

Self-regard

Self-respect

Self-awareness

Self-confidence

Since this self concept is what we think of ourselves; depending upon our opinion about our self, the self image can be either positive or negative.

People who believe in themselves have a positive evaluation of the self and always put on a positive value on themselves as a person. You will always come across such persons using positive phrases like *"I believe I am good at that", "I am a smart worker", "I am pretty popular amongst my friends and colleagues"*

On the other extreme are those people who have a totally negative evaluation of the self and always put on a negative value on themselves. What you would hear from these people is phrases like *"I know I can't do that", "I'm not good enough for my office", "None of my friends or colleagues really like me"*.

Self-esteem is what you think of yourself, the way you evaluate yourself whether it's a positive evaluation or a negative one.

To build Self Confidence in children, you have to teach them to be a part of the team. You should make them play games that foster teamwork and get them to participate in activities that include their friends, classmates and family. Not only will they get busy, but will also enjoy participating in such games and activities.

Let me list some games and activities which you can choose from and make the students play them together in a group.

Lesson 1 – The Paper Plate Game

This game helps the players get an idea about what good qualities other players see in them.

- Give a paper plate to each student in the class.
- On each plate, cut out two holes close to each other
- Put string through the holes and tie it together to make a large loop
- Make the plates lie flat on the back of each student and loop the string over the head to keep plate in place.
- Get every student to go up to every other student in the class and write one nice thing on the plate about them.
- When all students finish writing, remove the plates and read to what has been written about them by the others in the class.

Questions to ask students?

What were their first thoughts when they read their plate?

What was one word or sentence that was brought up more than once?

Were you surprised about what others saw in you?