

Nurture Newsletter





Hello!

I hope you are all happy and well.

I find technology very tricky and am well known at school for making silly mistakes when using IT. I usually have lovely Mr McKenna to come and rescue me, but not at the moment. This morning I met up with my ELSA colleagues for a meeting via Microsoft Teams. I had never been in a virtual work meeting before and had to check in with Mr Cresswell beforehand for a guick lesson. He was very patient with me and I was able to access the session with no problems, whilst at home I have also learnt to blog the Wellbeing posts with Mrs Westie's kind supervision. When we're at school someone would have done these tasks for me and I felt proud that I had managed to achieve both of these things whilst at home. It is very different working from home and learning is sometimes more difficult, but if you show determination, resilience and ask for help if you are struggling I'm sure you will be able to conquer your fears too!

I hope you find the information this week on self esteem useful. As always please "What's your best discovery? asked the mole contact me if you have any questions.

Take care. Love Mrs Neale

That I'm enough as Said The boy

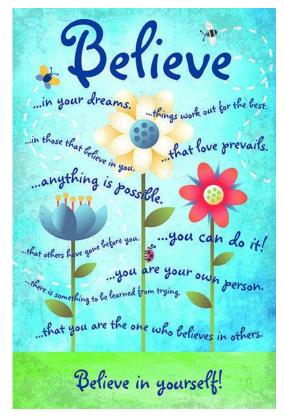
Grownups: You may find some useful resources/info on sites below: http://www.em-edsupport.org.uk/coronavirus-eps

https://www.childline.org.uk/info-advice/your-feelings/feelingsemotions/building-confidence-self-esteem/

<u> Tip I: Self Esteem.</u>

If you have good self-esteem it means you, mostly, feel good about yourself. Children with self-esteem feel proud of what they can do, see the good things about themselves and believe in themselves, even when they don't do well at first. It is important to give your self esteem a boost from time to time, even your friends who seem extremely confident will sometimes struggle with their self esteem.

I know that you are all fantastic human beings...you need to believe it too!



Tip 2. How to increase your self esteem.

What you can do.

We can make a difference to how we feel about ourselves by making a choice to aim for high self-esteem.

You know how we all have that 'chatter' going on inside our minds all the time? Well, have a good listen to it and see how much of it is **positive** (the good stuff) and how much is negative (the bad stuff).

Think about how you feel about yourself.

Try recording your thoughts on a phone or computer and then play it back, or:

Draw 2 boxes on a piece of paper.

Make a tick for every positive thought and a cross for any negative thought.

Be honest with yourself.

Challenge:

Now have a think about the ways you can promote your self esteem (things that you can do to feel better about yourself. Write a list of ways you can promote your self esteem.

What high self-esteem looks like:

- being happy
- feeling that you're OK as a person
- believing in yourself
- looking forward to a good future
- enjoying the world around you
- feeling energetic and hopeful
- feeling confident that you have the power to change things in your life
- joining in with others
- being happy with each success, no matter how small
- looking for ways to succeed
- encouraging others
- respecting others' differences and your own
- accepting that you will make mistakes and you can learn from them.

15 ways to promote and support Your Self Esteem

1. Know your strengths and talents

- 2. Use affirmations daily
- 3. Help others whenever you can
- 4. Look for the positives in yourself and be grateful
- 5. Learn new things every day
- G. Exercise each day
- 7. Ask for help if you need it
- 8. Talk about your feelings
- 9. Set goals for yourself
- 10. Stand up for yourself and be assertive
- 11. Celebrate your successes and be proud of yourself
- 12. Connect with friends and family
- 13. Be mindful
- 14. Learn from mistakes and move on
- 15. Have the courage to try new things



Roll a positive question

Print the grid either A4 or A3 if you can.

All you need are 2 dice to play this game.

Roll the first dice to get the horizontal row and roll the second dice for the vertical column.

Find the question and then ask it.

This is suitable for ALL, even adults. Play it in the evening after you have had dinner.

First roll		Second					
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HOLISENDE ENLIGON IN FRANK	-	A time when you felt hoppy	Your closest friends name is	Who mores you feel safe?	A time when you felt excited	Something that relates you	A god you have for today
3	2	Sometting you are grateful for	four proutest moment	A superpower you wish you hod	Your biggest wish	A time when you were thoughtful	The best med you have ever hod
	m	The funniest mettory you frave	Something difficult you managed to do	The kindest thing you have done	The best dream you ever had	A fittle when you were friendy	Mho can you complement today?
		A place where you feel happy	Mhat would your perfect day look like?	The kindest thing done for you	One thing you are really good at	One word that describes you best	The test compliment you
TRE	5	5 things you five about your	A favourite holiday ar day out	A time when you helped someone	The best game you have played	A fittle when you were confident	Who is your her o?
5	9	khat is your foxurite snel?	The best book you hove ever read!	A time when someone heped you	A time when you felt brave	Something new you want to try to do	An adventure you would live to go on



10	•	What is your favourite smell?	The best book you have ever read!	A time when someone helped you	A time when you felt brave	Something new you want to try to do	An adventure you would like to go on
ISE		5 things you like about you!	A favourite holiday or day out	A time when you helped someone	The best game you have played	A time when you were confident	Who is your hero? ©Elsa-Support 2020
		A place where you feel happy	What would your perfect day look like?	The kindest thing done for you	One thing you are really good at	One word that describes you best	The best compliment you have received
NOUTSEUO EVILLE	M	The funniest memory you have	Something difficult you managed to do	The kindest thing you have done	The best dream you ever had	A time when you were friendly	Who can you compliment today?
POS	2	Something you are grateful for	Your proudest moment	A superpower you wish you had	Your biggest wish	A time when you were thoughtful	The best meal you have ever had
<u>5</u> L		A time when you felt happy	Your closest friend's name is	Who makes you feel safe?	A time when you felt excited	Something that relaxes you	A goal you have for today
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