



Nurture Newsletter



Week 6

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 quick 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 contact me if you have any questions.

Take care. Love Mrs Neale

"What's your best
discovery? asked
the mole



"That I'm enough as I am"
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/feelings-emotions/building-confidence-self-esteem/>

Tip 1: Self Esteem.

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!



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.

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.



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 roll

ROLL A POSITIVE QUESTION						
ELSA support	1	2	3	4	5	6
1	A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite snail?
2	Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3	Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4	A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5	Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6	A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on

ROLL A POSITIVE QUESTION

	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>
<div>1</div>	A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
<div>2</div>	Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
<div>3</div>	Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
<div>4</div>	A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
<div>5</div>	Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
<div>6</div>	A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on

If you're struggling today

Your mission for today

Focus on the next 24 hours

Make a to-do list for today

Add in self-care

Don't be too hard on yourself



A reminder that it gets better and everything will be okay.



(hearts & love for you)

This unicorn believes you can do the thing even if it's hard, scary, or uncomfortable.



You are so loved, even when it feels like you aren't.

Thinking about you
SENDING
A virtual hug

LOADING



SENT!

www.elsa-support.co.uk