



Nurture Newsletter



Week 6

Hello!

I hope you are all happy and well.

It is the last week of term after a very unusual few months and I know that the Crossdale team have been extremely proud of the way you have adapted to the changes and the way you have all come back into school so positively and sensibly.

We all have times when we feel a bit 'wobbly' about ourselves and not very confident in our abilities and this is very normal. When you feel like this you sometimes need help to remind yourself how brilliant you are. Have a look at the activities I have put in this letter for some ideas to do this.

Remember to tell friends and family you why you think they're amazing too!

Have a wonderful holiday and I look forward to seeing you all in September.

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:

The ELSA website and Plant Love Grow have many pages of useful free, printable resources that you can use to work through different emotions with you child during the holidays.

<https://www.elsa-support.co.uk/category/free-resources/>

<http://www.plantlovegrow.com/index.html>

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

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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.

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



you're
AMAZING
just the way
YOU ARE



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.





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.

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

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.



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



Do more of what
helps you feel
good about
yourself.



Learn &
practice
healthy ways to
cope with stress.



Say
positive
affirmations.



Laugh!
Play!
Have fun!
Get silly!

PRACTICE
GRATITUDE



FOCUS
ON THE
POSITIVES &
BE OPTIMISTIC



Forgive
others.
Forgive
yourself.



Take slow,
mindful breaths.

Eat
healthy
food.



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.



Be responsible
for your choices
at school
& at home.



Limit how
much time
you spend
in front of
screens.

COMPLETE
YOUR
SCHOOL
ASSIGNMENTS.



DRINK PLENTY
OF WATER.



Do random
acts of kindness.

HELP
OTHERS

Focus on
solutions,
not problems.



Say what
you
want,
need &
hope for.



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



Give
yourself
a hug.



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



SPEND TIME WITH
CARING ADULTS.



50 Ways to Build SELF-ESTEEM for kids

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 smell?
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 makes you	A time when you were thoughtful	A time when you can compliment today?	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

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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

Positive paperchains to print off and colour...

You are loved

@eisa-support 2020

Be helpful today

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Work together

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You can do this!

@eisa-support 2020

You make a difference

@eisa-support 2020

Your actions are powerful

@eisa-support 2020

You are kind

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You can ask for help

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"So you know all of me?"
asked the boy

"Yes" said the horse.

"And you still love me?"

"We love you all the more."

