



School

WELLBEING

Newsletter

This term, our wellbeing focus is **Self Esteem**

WHAT IS IT?

Self-esteem is how we **think, see** and **feel** about ourselves. It isn't just about how we physically look but also how confident we feel.

Good self-esteem means we feel good about ourselves and **confident** in who we are and in our abilities. When we/young people have good self-esteem, we're not too worried about what other people think, or how much we get wrong, because we **accept** ourselves just the way we are, without judgment. It also means we **believe** we are **worthy** and **deserving** of all the good things in life.

But sometimes, young people might find it hard to believe in themselves and feel good enough. That's okay - it's normal to struggle with self-esteem and this can change at different times in young people's lives.

THIS TERM...

During Base Time, pupils will be taking part in a number of short tasks, aimed to develop their skills to support good self esteem.



Dove Self Esteem Project:
[Advice for parents: boosting confidence](#)
– [Dove](#) (including a confidence kit to download)

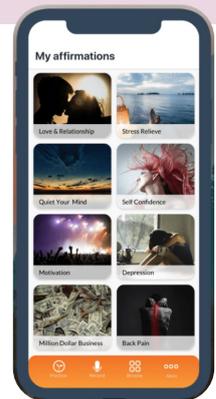
Supporting your young people to cope and believe in themselves:
[Self-esteem and Believing in Yourself | Tips and Advice | YoungMinds](#)



USEFUL APPS FOR YOUNG PEOPLE:

THINK UP (Positive Affirmations)

SPARKLE (Tracker for self care activities)



SIGNPOSTING

BUILDING POSITIVE SELF

ESTEEM WORKSHOP: [Online Workshops](#) :: [Lincolnshire Young Minds \(lpmf.nhs.uk\)](#)



Self Esteem Worksheets for young people to access for free: [18 Best Self-Esteem Worksheets and Activities \(Incl. PDF\) \(positivepsychology.com\)](#)

PARENT GUIDE: [Self-Esteem & Mental Health | Guide For Parents | YoungMinds](#)