



Rhhyns Academy
Support - That Makes A Difference

GUIDE TO INCREASING SELF- ESTEEM

ACTIVITIES & TIPS BOOK

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1. List down your strengths and pick up the number 1 (best) strength you have. Make a handmade certificate congratulating yourself to have that strength. Yippee!



2. Create an artwork or wall with positive statements and affirmations that the child writes for self. Examples include 'I can and I will' 'I am strong' 'I love myself'. Revisit this wall multiple times a day.

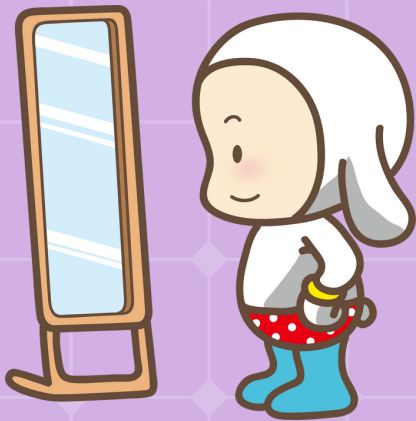
3. Play different types of music and ask the child to draw whatever comes to mind. Encourage their drawing. This allows for exploring their current emotions.



4. Create a rhyme or poem with your child about them. Find a rhyme and some dance steps/movement that match with it and perform the rhyme. Include positive qualities about the child and affirmations in the poem.



5. Encourage your child to write 5 sentences that start with 'I am proud of...'. This will boost their esteem.



6. Mirror, Mirror on the Wall. Give your child a small mirror and ask them to write positive words about themselves around it. Have them look at the mirror often and appreciate self.

7. Teach kind words to the child. Speaking positive to self makes a huge difference. "I can manage," "I can and I will," "It's okay if I couldn't this time, I will do better next time."



8. Help your child create a vision board and an action plan to turn their vision into reality. Keep goals and actions realistic.



9. Play positive music and let your child dance. Don't judge. This will free up emotions and help the child with expression.

10. Use phrases like "I appreciate" and other compliments when your child does something. Have an Achievements board - click a picture every time your child does something good and paste it there.



**HOPE THIS HELPS
THE PARENTS :)**

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