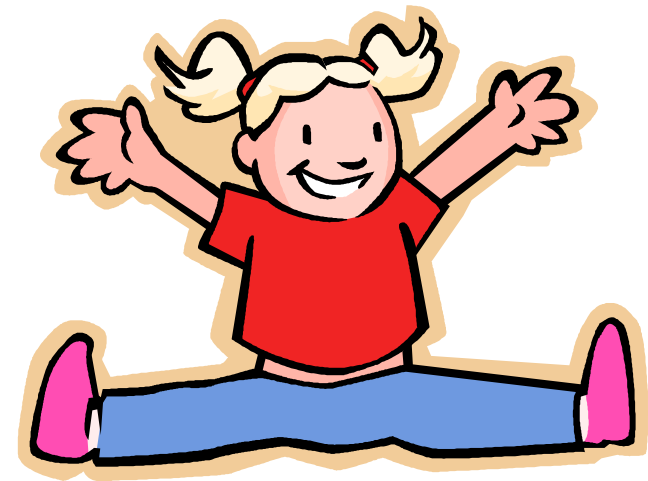


Practical ideas to develop self - esteem in the Early Years

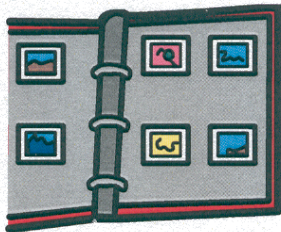


Practical ideas to develop self-esteem

- Play the game -"I'm glad to be me because...."
- Make a "My Favourite Things" book.



- Pass around an object. When a child holds the object they can speak. When they hold the object they say "I am good at..." If the children can't think of anything to say ask the others to say something.
- Pass the special box. Have a box with a mirror inside. Tell the children they will see someone special inside. Ask the children to keep quiet and not to say who the special person is until everyone has had a go.



- Each child has a book of their achievements. Have a photograph of the child. Inside the book put photographs, certificates, notes of achievements etc. Share the book with the children on a regular basis.
- The children sit in a circle and pass around a wand. When they have

the wand the children say "swoshy swish, swoshy swish, I really wish...."

- Children learn to associate how you use their name with the message you have and the behaviour you expect. Parents often use a child's nickname or first name only in casual dialogue, "Jimmy, I like what you are doing." They beef up the message by using the full name to make a deeper impression, "James Michael Sears, stop that! Play games to reinforce a child's name with a positive outcome.



e.g. A child wears a big hat. The other children chant: Under the hat, Under the hat, Who is that under the hat. The child takes off the hat and everyone says it's Say the child's name.

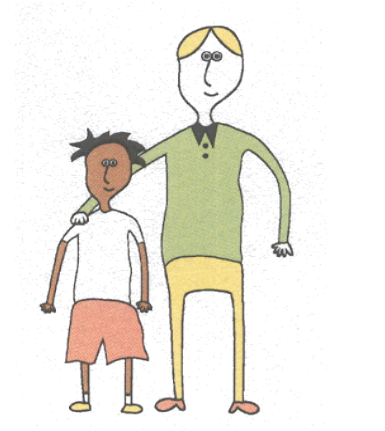
- All the children sit in a circle facing outwards. (Alternatively children can simply close their eyes.) The adult points to one child who begins to sing a nursery rhyme. The other children have to put up their hand when they think they recognise the voice. The adult asks the children with their hands up who they think is speaking.
- The giant balloon. The children make a small circle as close together as possible. Everyone holds a parachute or a large piece of lycra. One child is the balloon blower and tells how many blows. The children step backwards that amount of blows. On the last count the children let go of the lycra.



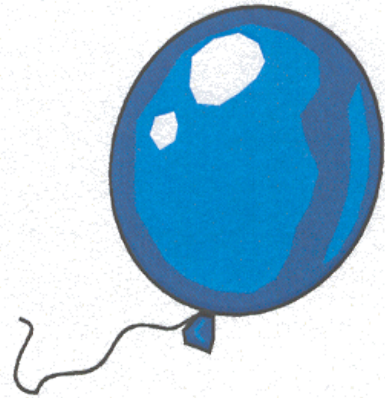
- **Sharing success.** Sit in a circle or one on one with your child. Roll the ball to the child and have them say their name and say one thing about themselves, i.e. favourite colour, book, toy, or something they learned to do. Help them to focus on something they like about themselves or something they learned to do that day.
- **Display each child's art work or other creative masterpieces.**



- **Give each child some individual time.** Make sure you are really engaged. They will know if you are playing but your mind is somewhere else!



- **Children need close contact to feel cared for.** Play games which require physical contact or closeness. For young children, singing rhymes, whilst they are on your knee, can be effective.



- **The children sit round a parachute with their eyes closed.** The adult taps one child on the shoulder and they crawl under the parachute. The children then open their eyes and see if they can work out who is missing.



- Keep a growth chart. Celebrate the children growing.
- Pull out old baby clothes and discuss "How they have grown".



- Hang up old baby pictures.
- Acknowledge when child accomplishes a new task, no matter how small.
- Let child help make a picture album of child doing his favourite things.

- Make together a log of things they have enjoyed that day. Use pictures and symbols
- Let each child make a "Me" puppet using a paper plate, wool, felt tip pens and glue.
- Have a mirror in the room. When they children do something well, ask them to go to the mirror and smile at themselves.



- Let child decorate their own special box to store their treasures.



- Role play with puppets to help child express their feelings about themselves.
- Use puppets to help children problem solve. For example tell the children that the puppet is unhappy because when he is playing the other children push him and he gets hurt. Ask the children what puppet could do to make the situation better.

- Sing nursery rhymes together. Act out the nursery rhymes e.g. Humpty Dumpty. Ask questions like: Show me how Humpty fell off the wall. How did the Kings Horses try to put Humpty together again?



- Let child talk on a tape recorder to hear his own voice.
- Let each child help create their own special place to play.
- Allow each child to help you with simple chores.

