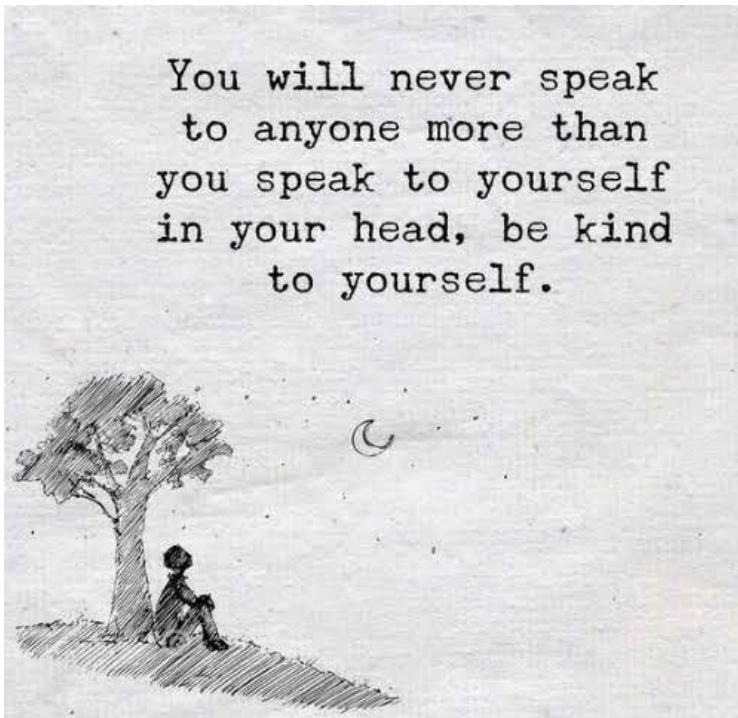




Garlinge Primary School and Nursery

Be Kind to Yourself

So many of our children have low self- esteem, sometimes this is the result of constantly being told they are annoying, lazy or stupid. Having low self- esteem has a big influence on their aspirations. When children internalise these comments and start to believe that they are worthless they avoid challenges and their resilience is low.



By encouraging children to identify their strengths, they begin to feel worthy of praise and encouragement.

KS1 Be Kind to Yourself

https://youtu.be/il3_hcjbRao

<https://youtu.be/N3VMZUY4Dxl>

KS2 I like being You

<https://youtu.be/D9OOXCu5XMg>

5 THINGS THAT I LIKE ABOUT MYSELF...

1) _____

2) _____

3) _____

4) _____

5) _____

