

Information on Self Esteem

Self Esteem?

'Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change.' (Mind, 2022)

'Self-esteem is something we feel inside but is influenced by lots of things and lots of people. It is an ongoing thing that is built over time.' (The Children's Society, 2025)

Self-esteem can affect whether you can:

- Recognise your strengths
- Feel able to try new or difficult things
- Show kindness towards yourself
- Try again when you make a mistake
- Believe you are good enough

(Mind, 2022)



Tips for supporting with Self-Esteem

- Ask your child to write or draw things they are good at or like about themselves. Put these around the house to remind you.
- Look in a mirror and say what you like about yourself.
- Keep a diary of thoughts, feelings and behaviours to help you to notice specific times or patterns.
- Positivity Journal – reflect on each day and choose one of the sentence starters below to complete:
 - Today I had fun when...
 - Something I did well today was...
 - I felt proud when...
- What makes me feel happy? Write or draw these things and put them in a jar – pull one out to complete.
- Praise your child throughout the day – be specific and clear about what you are giving them praise for. Praise the child's effort, not just the outcome.



Books to support EYFS and KS1 with self-esteem

A Superpower Like Mine – Dr Ranj

Incredible You - Rhys Brisenden and Nathan Reed

You're a Star: A Child's Guide to Self-Esteem (Ages 7 – 11) – Poppy O'Neill

The Koala Who Could – Rachel Bright and Jim Field

Links to support

[Books to support self-esteem and empowerment | BookTrust](#)

[Self-Esteem and Mental Health | Guide For Parents | YoungMinds](#)

[Self-esteem | The Children's Society](#)

References

Mind (2019) *Self-esteem*. Available at: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/> (Accessed 05.03.2025)

	<p>The Children's Society (2025) Self-esteem. Available at: https://www.childrensociety.org.uk/information/young-people/well-being/resources/self-esteem (Accessed 05.03.25)</p>
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