

**Classroom Guidance Newsletter**  
**Lesson One: Self-Esteem/Self-Respect**

Dear Parents,

In Lesson One, the students learned the importance of good self-esteem. The way God made us is wonderful and great! And He made us that way for a reason. God made everyone different and everyone special. God loves us very much and wants us to praise him for how he made us. We must thank God for making each of us wonderful and amazing. It doesn't matter if we're not perfect, God loves us anyway.

Self-esteem was reinforced with activities that focused on things the students are good at, what they like about themselves, ways they can help, and their positive traits and successes.

*Facts about Self-Esteem*

1. Children who feel good about themselves are better able to deal with the world.
2. Children who have healthy self-esteem have a positive self-image and value themselves more.
3. When children see themselves as worthwhile and useful, they have no need to develop negative attitudes and destructive behavior.
4. A healthy self-image doesn't breed selfishness or arrogance, it prevents it.
5. Using encouragement helps children develop positive attitudes and beliefs about themselves by focusing on their strengths and assets.
6. When children know they are loved, they believe they are lovable. This helps develop their self-esteem.
7. Children who grow up feeling they are "nothing" or "worthless" become troubled kids who struggle in school and have difficulty making friends.

*Suggestions for Enhancing the Self-Esteem of Your Children*

1. Work on your own self-esteem.
2. Praise efforts towards a goal.
3. Understand and appreciate each child as an individual.
4. Provide opportunities to feel success.
5. Allow your children to make decisions.
6. When correction is needed, do it in a positive way.
7. Praise, but don't judge.
8. Help your children to feel loveable and capable.
9. Establish effective communication.
10. Catch them being good.

*Self-Esteem Resources*

[http://www.focusonthefamily.com/parenting/your\\_childs\\_emotions/self\\_esteem\\_for\\_your\\_child.aspx](http://www.focusonthefamily.com/parenting/your_childs_emotions/self_esteem_for_your_child.aspx)

[http://www.lifeway.com/lwc/article\\_main\\_page/0%2C1703%2CA%25253D160525%252526M%25253D200741%2C00.html](http://www.lifeway.com/lwc/article_main_page/0%2C1703%2CA%25253D160525%252526M%25253D200741%2C00.html)

[http://www.childdevelopmentinfo.com/parenting/self\\_esteem.shtml](http://www.childdevelopmentinfo.com/parenting/self_esteem.shtml)

[http://kidshealth.org/parent/emotions/feelings/self\\_esteem.html#](http://kidshealth.org/parent/emotions/feelings/self_esteem.html#)

Sincerely,  
Heidi Jolliffe  
Classroom Guidance Coordinator