



Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.



Follow your curiosities & learn! Try or create something new.

Treat yourself with kindness & compassion, even & especially when life gets hard.

See MISTAKES AS AN OPPORTUNITY TO LEARN



Remember That NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND



Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!

READ!



Make choices that stay true to what you value.

Learn & practice healthy ways to cope with stress.



50 Ways to Build SELF-ESTEEM for kids



Laugh! Play! Have fun! Get silly!

Say positive affirmations.



Get to work on the chores & other responsibilities you have been putting off.

PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.



EXERCISE!

Practice daily hygiene.



Resolve conflict peacefully & use I-Statements.

Eat healthy food.

Say "no" to things you are uncomfortable with.

TELL THE TRUTH & BE HONEST



ASK FOR HELP & SUPPORT

HAVE A GROWTH MINDSET.



Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.



Get enough sleep.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.



SAY, THANK YOU WHEN SOMEONE COMPLEMENTS YOU

DRINK PLENTY OF WATER

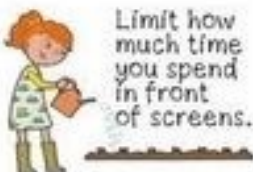
Give yourself a hug.



Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS



Limit how much time you spend in front of screens.

COMPLETE YOUR SCHOOL ASSIGNMENTS



DO RANDOM acts of kindness.

HELP OTHERS

