

# Feeling Blue?

Is your child's mood low? Do they have low self esteem?



**Low self esteem and confidence is something we as support workers see often within the younger generation.**

What does this mean?

Low self esteem is where a young person views themselves in a negative way, when they have a particularly low value and sense of worth in themselves. Sometimes, low self esteem can be mild and in some cases it can be extreme. We all have low days, days where we feel 'blue', children have these days too. Being out of school, not seeing family and friends can contribute to these feelings. So what can we do?

1

## RECOGNISE

Be mindful of the words your child uses to describe themselves

2

## IT'S OK TO NOT BE OK

Remind your child that we all have feelings like this and they will pass

3

## SHIFT THEIR MINDSET

Encourage your child to change their negative mindset to a positive one



DONALD DUCK

"Happiness is the richest thing we will ever own"



CHRISTOPHER ROBIN - WINNIE THE POO

You are braver than you believe, stronger than you seem and smarter than you think"



LION KING

"Look inside yourself, you are more than you have become"

## Challenge Time

Can you and our family complete the 5 day happiness challenge

### 5 Day Happiness Challenge

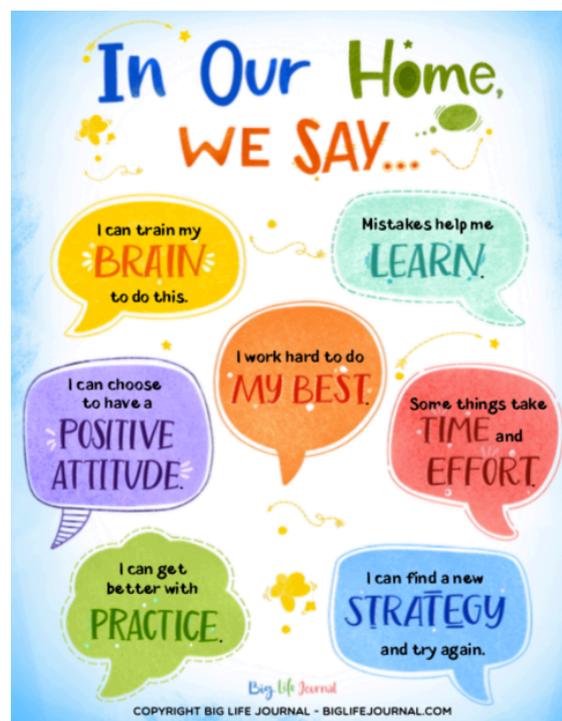
<p><b>Day 1</b></p> <p><b>Be active.</b> With someone at home do some exercises. This can be watching something online or why not be creative and come up with your own form of exercise. Maybe you could make a circuit in your garden? What about setting your family a skipping or hula hoop challenge?</p>	<p><b>Day 2</b></p> <p><b>Be positive.</b> Start your day by looking into a mirror and saying 5 things you love about yourself and your personality. Get family members to do this too.</p>	<p><b>Day 3</b></p> <p><b>Connect.</b> Although we are unable to visit friends and family right now there are many other ways to communicate. Call them, Facetime, play a game online with them or maybe you could write them a letter</p>
<p><b>Day 4</b></p> <p><b>Be helpful.</b> Helping others makes us feel good about ourselves too. Be kind and helpful today. Maybe you could help do some chores for your family, or maybe you could bake some cakes to share with an elderly neighbour.</p>	<p><b>Day 5</b></p> <p><b>Learn something new.</b> Why not learn a new task today, you will feel a sense of achievement for giving something a try and learning a new skill, you can do this with your family so they learn something new too - maybe learn sign language, knit, play a new game, cook a meal</p>	<p>CONGRATULATIONS YOU COMPLETED THE 5 DAY CHALLENGE!</p> <p>I KNEW YOU COULD DO IT!</p>

## ANTS!

Did you know that in our brain we have ANTS? When I tell this to children they are stunned!

Simply, these are known as our **Automatic Negative Thoughts** and they appear when our brain is under stress. Once these negative thoughts appear, we need to exterminate them by flooding our brain with positive thoughts and affirmations. We need to change our mindset so we see things in life more positively.

Ask your child to write or draw how they see themselves and use words to show how they feel about themselves - if there are any negative thoughts then help your child to change them to positive thoughts. For example “I’m rubbish at Maths” to “I just don’t know how to do this **yet**”. “Everyone is better than me” to “I am good at other things such as...”. Why not change the mindset of your whole family.



Picture taken from the Big Life Journal.

# Get Creative!

Ask your child to make a Self Esteem Booklet.

*Draw a portrait of yourself and use positive describing words to show your characteristics*

*What are my achievements. Write some 'I can' statements*

Where do I belong? Who are my family and friends.

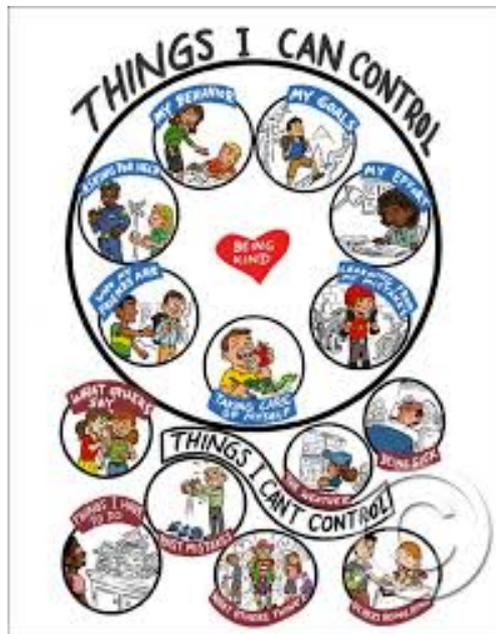
*What am I grateful for? Memories of happy times.*

*Write down times you have been helpful to others - how did it make you feel? How do you think you made that person feel?*

Write down your wishes and goals - how will persevere to achieve them. What do you need to do?

## Make an affirmation jar

Write down things that you love about each other or that you are grateful for. Every day read out loud.



## Remember the Controllable's!

During this strange and worrying time, it is important to teach your child about the 'controllable's'. This is so they do not worry about things that are beyond their control, things that, in turn, can affect their mood and self esteem.

### What is it we can control?

We can control our thoughts, we can control how we treat others, we can control to keep our minds busy by enjoying the time we are getting to spend together as a family.