

Activities to Build Self-Esteem and Development in Children

"A Photo Of Me"

Have your child draw a picture of themselves. While they do so, encourage what their physical facial features are so they can create the "real-life" image. Remember to praise and compliment them and their picture. Ask them the question: "How do you think you are doing?" "Do you think you did a good job?" "What is your favorite part about yourself?"

Milestone and Objective: Encouraging self-awareness and self-actualization for a young child

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"Family Time"

At dinnertime, incorporate talk and bonding. Below are a few "starter discussion topics" that could be incorporated while your family eats dinner together. Dinnertime and family discussion are extremely important to build a child's self-esteem because it allows for trust and security that their time is meaningful time. They feel nurtured.

*Discuss what each person did during the day

*Discuss the weather outside

*Discuss what each person would like to do for the weekend

* Discuss where each person ate lunch and what they ate

Milestone and Objective: Encouraging bonding, trust, and emotional/social development in a child.

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"Feelings Journal"

Have a "feelings writing journal" that you use with your child to talk about and share feelings, thoughts, and questions with each other. Each morning ask your child one of the follow:

1. How are you feeling today??
2. What do you think about _____ ?? (make up a topic or thought to discuss)
3. Do you want to know anything or talk about anything with me today??

Then, let them talk and answer!

Write down what they say. If your child is older have them write down their own answers. Re-visit at the end of each day and talk about how their feelings changed over the day, if they think differently or want to tell your anything new they thought of during the day, or talk to solve any question or problem they may have.

Milestone and Objective: Emotional development and building trust and friendship between parent and child.