

Guidelines for using the worksheets on Self-Esteem

The worksheets on self-esteem, five in total, explain how self-esteem levels can affect people's learning. The first worksheet gives an example of a child with low self-esteem and shows how this affects the child's learning. The second worksheet explains why low self-esteem affects people.

The third worksheet explains how to build a child's self-esteem and uses the image of a three-legged stool to explain the vital elements of self-esteem. The fourth worksheet gives tips for parents. The last worksheet explains about the importance of praising children in the right manner.

Parents play a crucial role in building a child's self-esteem. These worksheets are suitable for parents with children of all ages including teenagers. The teenage years can often be a time when self-esteem levels can take a battering.

Individual parents or a group of parents working together can use these worksheets. The questions at the end of the worksheets can be used for discussion in a group setting. If a tutor is working with a group, then the answers to the questions can be charted.

These worksheets can be used as part of a course on parenting skills. Where there are activities suggested, parents can be asked if they tried these activities and what were the outcomes.

