

Foster Positive Self-Esteem Together

Ages 4–5



Bloom in Confidence

Take a nature walk and find a flower that speaks to you; for every flower petal, say something you appreciate about yourself.

- Physical activity encourages appreciation for everything our body can do for us, and incorporating positive affirmations adds an extra confidence boost.
- Consider bringing a picnic along for a delightful and memorable bonding experience.



Children's Museum

Encourage learning in a safe, hands-on environment generally designed for ages 4–8.

- Helping your little one explore the world around them builds their sense of individuality.
- By successfully navigating exhibits and activities, kids can feel a sense of accomplishment, boosting their self-esteem.
- Aside from these confidence-boosting benefits, most kids will also enjoy getting to play with different toys and activities than they have at home.



Living Room Talent Show

Inspire imaginative play through a short living room talent show complete with costumes and props.

- By sharing their skills with loved ones, kids can feel appreciated for what makes them unique.
- Additionally, an at-home talent show gives kids the opportunity to express themselves creatively and confidently.
- Talents might include singing or dancing, impersonating their favorite cartoon character, performing a silly skit, or showing off what they've learned in gymnastics.

Ages 6–8



Mom–Daughter Book Club

Make time to read an uplifting book together and discuss how it makes you feel. Finishing a book gives a sense of accomplishment, and reflecting on various topics together fosters connection.

- Choose a book that resonates with both of your interests, ensuring it has positive and uplifting themes to enhance the shared experience.
- If you need help, take a trip to the library together and ask a librarian for their book recommendations.
- Set aside dedicated time regularly to read the book together, creating a shared routine that promotes bonding and mutual understanding.



Self-Esteem Sidewalk

Using chalk, write something you appreciate about yourself or one another on the sidewalk outside your home, putting a different, unique compliment on each sidewalk block.

- Sharing positive affirmations helps to build their emotional vocabulary.
- For an added challenge, set a goal of how many sidewalk blocks you aim to fill. This will encourage you both to get creative and think of deeper compliments beyond the first ones that come to mind.
- By putting these inspirational messages in a public place where others can see, you're spreading positivity in your community—something you both can feel proud of.



Go Wild

Visit your nearest zoo or aquarium for an afternoon of adventure; share which animal you most relate to and why. This encourages your child to reflect on what makes them unique, which can help develop your child's self-worth beyond appearance.

- Capture the experience by taking photos or creating a simple scrapbook together, fostering not only a sense of self-worth but also creating lasting memories of the