

Foster Positive Self-Esteem Together

Ages 9–12



Baking with Mom

Bake a sweet treat at home or go to a bakery together, and describe the taste of your favorite sweets. Sensory exploration helps us appreciate our body for what it does instead of how it looks.

- Use the opportunity to discuss the importance of savoring and appreciating food, promoting a positive relationship with eating and reinforcing the idea that our bodies deserve to be nourished and enjoyed.



It Takes a Village

Spread love by engaging in a community service project, such as organizing a charity event, participating in a local cleanup, or helping at a food bank. Studies show that doing good for others leads to higher self-esteem.

- Reflect on the impact of your collective efforts, emphasizing the positive change you are contributing to the community. This reflection can foster a sense of accomplishment and purpose, contributing to higher self-esteem.
- Encourage open discussions about the values of empathy, kindness, and social responsibility, helping your child understand the interconnectedness of individuals within a community and the positive effects of altruism on personal well-being.



Confidence Canvas

Get artsy by drawing, painting or scrapbooking, then hang the finished result somewhere the whole family can appreciate it. Show your little one that your home is a safe place to openly express their feelings, so they feel confident being exactly who they are.

- Use the creative process as an opportunity to discuss feelings, emotions, and individual expressions. This open dialogue reinforces the idea that everyone's thoughts and emotions are valid, fostering a sense of self-acceptance.
- Display the finished artwork prominently in the home, creating a visual reminder of the family's commitment to celebrating uniqueness and creating an environment where everyone feels valued and confident in expressing themselves.

Ages 13–15



Home Chefs

Take a trip to the grocery store or farmers market, then cook a deliciously creative recipe together.

- By teaching your teen the basics of cooking, you set her up to take care of herself, which builds confidence in her self-reliance.
- To be a positive role model of healthy eating habits, be mindful of how you talk about food with or around your kids. Focus on the positive benefits of nourishing your bodies with wholesome foods, not on how many calories or carbohydrates are in the food that you eat.



Think Outside the Box

As a family, visit an escape room facility and have fun working through puzzles and creative challenges together.

- For an at-home experience, look for a DIY escape room kit or opt for a simple scavenger hunt.
- Working through challenges together at the museum promotes teamwork, encourages following your intuition and builds problem-solving skills.
- If it turns out that your family doesn't "escape the room" in the allotted time frame, use it as a teaching opportunity; you can express how proud you are of everyone for trying their best and going outside of their comfort zone.



Self-Love Letter

Write yourself a letter of self-love, and share with one another. Demonstrating positive self-talk in yourself encourages your young one to speak positively about them.

- In your letter, highlight specific qualities and accomplishments that make you proud, setting an example of self-affirmation for your child. This can inspire them to recognize and appreciate their own strengths.
- Encourage your child to write their own letter of self-love, fostering a habit of positive self-reflection and helping them develop a healthy self-image. Share these letters with each other to create a supportive and affirming atmosphere within the family.