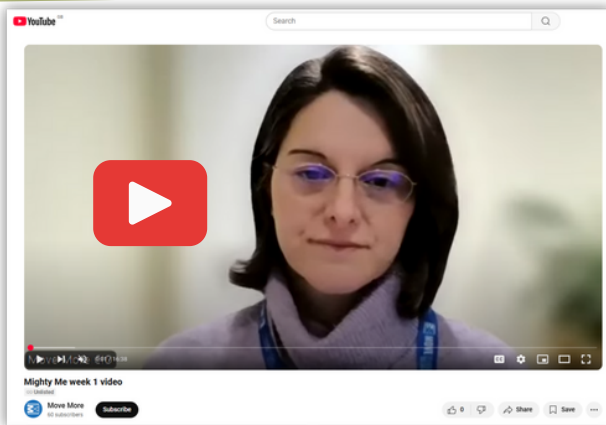


# mighty me!

Move More Self-Esteem Programme for Families

MEMBER SCHOOL  
**MOVE**  
**MORE**  
EVERY CHILD THRIVES

## WEEK TWO



Self-esteem can be described as liking yourself, feeling worthwhile, believing in yourself and knowing what you do well. Children who have low self-esteem often engage in negative self-talk (“I am stupid”, “I will never be able to do it”). Often, they think that they are not smart enough, able enough, they struggle to see the light at the end of the tunnel. Some children become very sad while some try to mask their feelings by turning into “jokers” and “class clowns”.

Does this sound familiar? If yes, then this programme is for you and your child. During the next few weeks, we will be sharing ideas around supporting your child’s self-esteem. Self-esteem usually develops organically but we can also be intentional about it. The programme includes activities for both adults and children, with the aim to create a supportive environment where children feel empowered, valued, and understood. There will be a mixture of facts and practical ideas – all with the goal to empower you to improve your child’s self-esteem.

Why do this: Self-esteem gives children confidence to try new things, do things that they might not enjoy and face challenges rather than avoid them. We think these are very important reasons so let’s get stuck in!

### We encourage you to:

- **Listen** to the videos and read each installment of the programme over the next 5 weeks;
- **Reflect** where you are at with regards to topics discussed;
- Use the tools suggested in a way that fits your family and your life;
- **Encourage** your children to complete activities;
- **Share** your thoughts/progress/feedback with us via email ([marijana@move-more.org](mailto:marijana@move-more.org)) and/or via social media by tagging @MoveMoreCIO

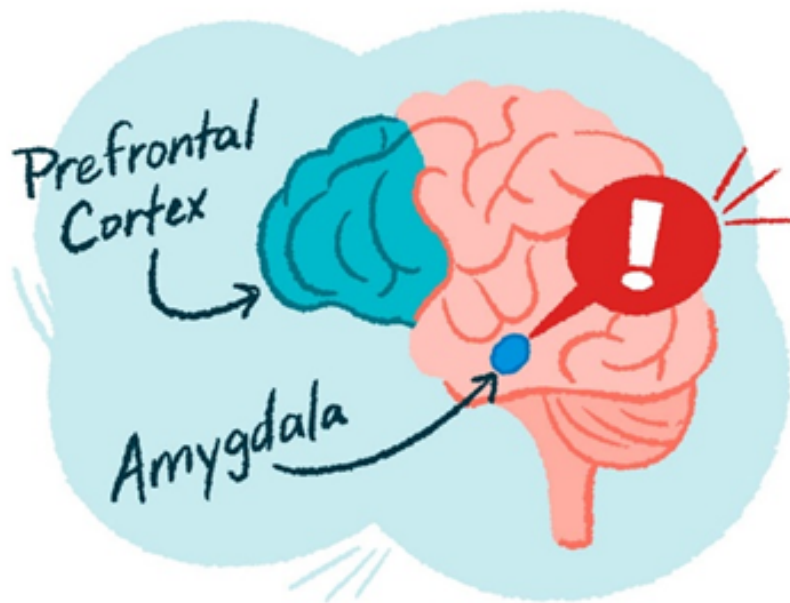
**We can’t wait to hear how you are getting on!**



### Self-esteem building block No2: Resilience

Resilience is the ability to become strong, healthy and successful again after something bad happens. It is about our ability to bounce back after we've been knocked down, to try again, to persevere. As such it is an integral part of somebody's self-esteem. A child who struggles with resilience might get very easily frustrated if things don't go their way, they might find it hard to persevere and expect immediate results while also cheating when they think they'll lose. Often, such children make self-critical comments and seek approval from others. Sometimes children who are not as resilient find it hard to accept feedback, both positive and negative.

From physiological point of view, resilience can be seen as our ability to engage the human part of the brain (pre-frontal cortex in particular) when faced with situations that cause us stress. It is during these situations that other parts of the brain (for example, amygdala – part of brain's fight-flight-freeze response whose job is to keep us safe) take over and make us question our confidence, determination and ability to cope. We all struggle to activate human brain in some situations, but people who can do it more consistently and keep it activated for longer and in situations that are tricky are more likely to be more resilient.



**To improve children's resilience, we need to exercise their brains in a way that it strengthens prefrontal cortex' ability to balance the brain and calm amygdala down especially in stressful situations. How do we do that?**

### Resilience tip for Mighty Parents - Master the art of “Pushin’ and cushion” [1]

Being too “hands on” as a parent, too controlling and hovering over children can backfire when it comes to resilience as it can actually create more anxious children. Another problem is that adults tend to push children too much when it comes to their ability to regulate emotions and cushion them when it comes to encouraging them to take responsibilities for practical things.

### So, if you feel that your approach has shifted either too much to the “pushing” or “cushion” side, consider the following:

- **Challenge your children regularly with regards to their abilities.** Encourage them to go beyond themselves and face situations that they are not used to. Support them by teaching skills to cope with these situations and by providing a listening, empathetic ear. But,
- **Don’t rush to rescue them when they start to struggle;** let them experience difficult emotions and situations. When we rescue a child from a problem they can handle, we rob them of the opportunity to learn and understand their ability to handle difficult things. However, if they are facing an obstacle that is too overwhelming, we need to provide a cushion and support them through it.
- **Teach problem solving:** when your child hits a problem that is too big for them to handle, use it as an opportunity to teach skills. Ask them “What is the hard part?” then validate their thoughts and see if together you can break the hard part down into more manageable steps. Think of solutions for those smaller tasks. By doing this, you are helping them move from the “panic” zone to the growth zone while both “pushing” and providing a “cushion”.

[1] This model comes from **“The Yes brain child – help your child be more resilient, independent and creative”** book by Dr Dan Siegel & Dr Tima Payne Bryson.

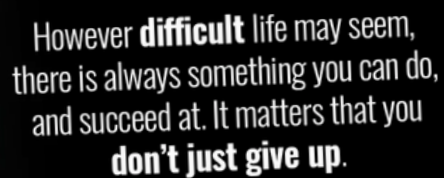
# BE RESILIENT!

### Resilience Boosting Activities for Mighty Children

“Role Model Wall”: Together with your child, research and learn about role models who have shown resilience in different fields such as sports, science, art, or community leadership. Create a visual “Role Model Wall” in your child’s room or a shared space with pictures, quotes, and key achievements of these people. Regularly discuss what makes these people resilient and how your child can apply similar principles in their daily life.

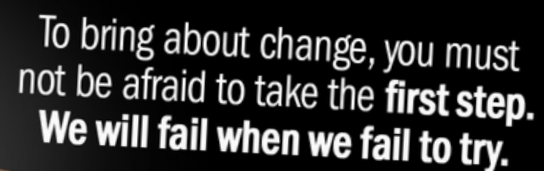
Take this further by developing a “What Would [Role Model] Do?” Mantra: Help your child identify a role model known for resilience and create a mantra or catchphrase inspired by that individual. For example, “What Would [Favourite Athlete] Do?” Whenever your child faces a challenge, remind them of this mantra, encouraging them to think and act as their resilient role model would. This simple strategy can become a powerful mental tool, helping them to channel the confidence and determination they admire in their role model.

## Role Model Wall



However **difficult** life may seem,  
there is always something you can do,  
and succeed at. It matters that you  
**don't just give up.**

- Stephen Hawking



To bring about change, you must  
not be afraid to take the **first step.**  
**We will fail when we fail to try.**

- Rosa Parks



Have a look at our  
**video link for more tips!**  
<https://youtu.be/wnnhJdl8vaM>

   @MoveMoreCIO

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