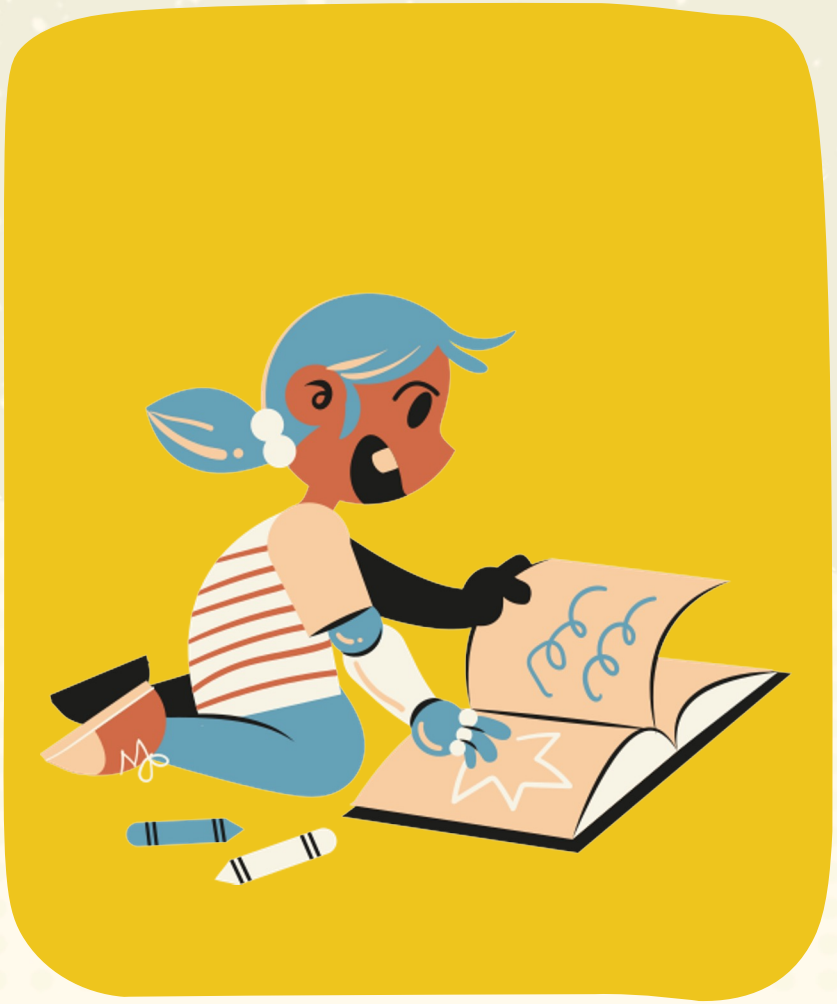
Self-Esteem and Confidence

Does anyone know what self-esteem means?

Why Is Self-Esteem Important?



Good **Self-Esteem** gives us the courage to try new things and make good choices!

Confidence

What Helps Self-Esteem?

Be kind to others!

Say nice things to others

Be kind to yourself!

Say nice things to yourself

What are nice things you can say to yourself?

What are nice things you can say to others?

Big Bird has good self-esteem!

Your Turn!

What are some things you like about yourself?

Let's Review!

- Self-esteem is feeling positive about ourselves & our differences
- Confidence is believing in ourselves.
- Being kind to ourselves and others by saying nice things help us feel confident!