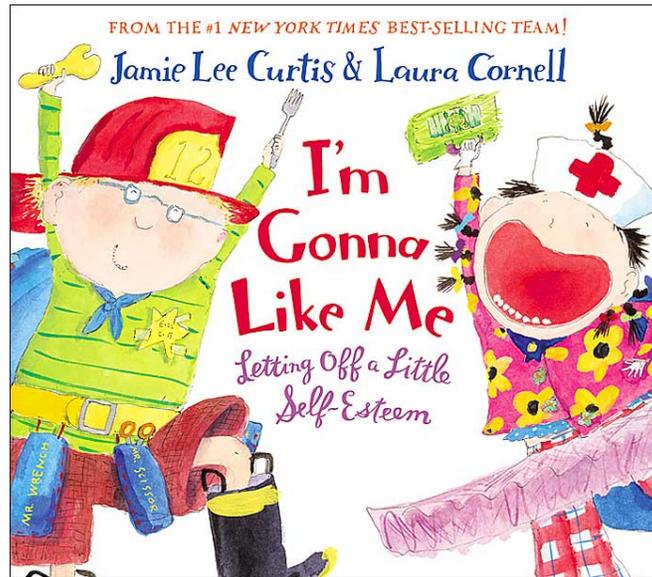


## March Character Education: Self-Esteem

**Book:** *I'm Gonna Like Me* by Jamie Lee Curtis & Laura Cornell



**About the Book:** Celebrate liking yourself! Through alternating points of view, a girl's and a boy's, Jamie Lee Curtis's triumphant text and Laura Cornell's lively artwork show kids that the key to feeling good is liking yourself because you are you. *I'm Gonna Like Me* will have kids letting off some self-esteem in no time!

**What is Self-Esteem:** Self-esteem isn't bragging about how great you are. It's more like quietly knowing that you're worth a lot (priceless, in fact!). It's not about thinking you're perfect — because nobody is — but knowing that you're worthy of being loved and accepted. A kid needs to have self-esteem. Good self-esteem is important because it helps you to hold your head high and feel proud of yourself and what you can do. It gives you the courage to try new things and the power to believe in yourself. It lets you respect yourself, even when you make mistakes. And when you respect yourself, adults and other kids usually respect you, too.

Having good self-esteem also helps in making good choices about your mind and body. If you think you're important, you'll be less likely to follow the crowd if your friends are doing something that's not good. If you have good self-esteem, you know that you're smart enough to make your own decisions. You value your safety, your feelings, your health — your whole self! Good self-esteem helps you know that every part of you is worth caring for and protecting.

### **How to Develop Your Self-Esteem:**

- Be careful about comparing yourself to others. Although this can at times make you feel good or even inspire you to improve in some way; it can also make you overlook what's truly good about yourself and make you feel bad about yourself.
- Think about what you do well; including when you make a difference to others by being helpful, kind, or thoughtful.
- Take pride in your successes.
- Take part in activities that make you feel good.
- Don't let the fear of failure prevent you from trying something new. New experiences help you grow and discover wonderful new things about yourself.
- When you do fail, don't get down on yourself. Think about what you have learned and how you can do better next time and be proud of yourself for trying.
- Be your own best friend - treat yourself well and do things that are good for you.
- Remember, the most important thing about people is what we're like inside, not what we own or what we've accomplished.