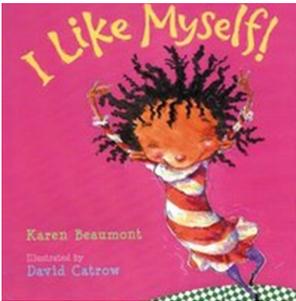


HERO'S Story Time: Helping Every Child Reach Optimum Success

HERO'S Story Time shares stories that have a focus on one of the 40 Developmental Assets. The Developmental Assets® are 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. We call these assets "Superpowers."

SUPERPOWER



SELF-ESTEEM: The positive identity of believing that we're capable, and knowing our contributions are valued and worthwhile.

What are your expectations for your child? How do you react when your child fails to meet your expectations? Self-esteem is shaped not only by a child's own opinions, also by the opinions and expectations of the people in their lives. How they are treated by parents, teachers and friends has an impact on their self-esteem.

The goal for this book and page is for your child to work on communication and turn taking as part of learning to interact with others, as he or she works on skills towards mastering the Interpersonal Skills asset. Simply follow the steps to support your child's growth.

1 Read the book (check your local library for availability) or watch the video at: <https://youtu.be/6UYdyk8uHA4>.

- 2** Talk with your child throughout the story to promote understanding and learning. Here are some questions you could ask and discuss based on your child's abilities. Let your child ask questions during the reading, too.
- What do you like about yourself?
 - Sometimes we have to remind ourselves that we like ourselves. Discuss an affirmation statement such as, "I like myself! I'm glad I'm me!"
 - What should you do if someone calls you names?

3 **How you can teach self-esteem.**

- **Create a collage.** Using pictures of the children or magazines, have children create a collage of the things they like about themselves and what they are good at doing.
- Have the children draw a self-portrait.
- **Give** them age appropriate responsibilities and chores around the house (be prepared for them to make mistakes). Let them know their contribution is valuable.
- **Model your positive self-esteem.** Adults can continually practice being a role model for saying positive things about yourself.
- **Focus on your child's strengths.** Make them feel important. Teach them that feeling special doesn't mean feeling better than others. Take turns giving compliments to each other for at least one day. How many days can you declare a compliment day?
- **Turn negatives into positives.** Even when not so good things happen and we make a mistake, we should like ourselves. Practice turning a negative into a positive. Ex: "I spilled

Supplemental Resources

[The Importance of Self-Esteem](#)

[Your Child's Self-Esteem](#)

[Search Institute](#)

Supplemental Readings

"Bunny Bear" by Andrea J. Loney

"I am Gonna Like Me (Letting Off A Little Self Esteem)" by Jamie Lee Curtis

HERO'S STORY TIME is a collaboration of