

## ***The Building Blocks of Self-Esteem***

<b>Helping Students Feel Capable</b>	<b>Helping Students Connect</b>	<b>Helping Students Contribute</b>
Make mistakes okay. Talk about mistakes. Equate mistakes with effort. Minimize the effect of making mistakes.	Give students the five A's: <b>Acceptance.</b> Accept sincerely and unconditionally. Accept students' personal style.	Encourage students' contributions to the class. Invite students' help with daily tasks. Request students' curriculum choices. Ask students' input for rules.
Build confidence. Focus on improvement. Notice contributions. Build on strengths. Show faith in students. Acknowledge the difficulty of a task. Set time limits on tasks.	Attention. Greet students. Listen to students. Teach students to ask for attention. Spend time chatting. Ask students about their life outside school. Mention what you've talked about before. Eat with students. Invite students to eat in your room. Attend school events. Get involved in a project with students. Schedule individual conferences. Join students on the playground. Chaperon school events. Recognize birthdays. Make baby-picture bulletin boards. Send cards, messages, homework to absent students. Show interest in students' work or hobbies.	Encourage students to help other students. Peer tutoring. Peer counseling. Peer recognition: Applause. Appreciation and affirmation statements. Happygrams. Appreciation password.
Focus on past success. Analyze past success. Repeat past success.		
Make learning tangible. "I-Can" cans. Accomplishment Albums. Checklists of skills. Flowchart of concepts. Talks about yesterday, today, and tomorrow.	Appreciation. Describe the behavior accurately. Use three-part appreciation statements. Focus only on the present. Give written words of appreciation. Teach students to ask for appreciation.	
Recognize achievement. Applause. Clapping and standing ovations. Stars and stickers. Awards and assemblies. Exhibits. Positive time-out. Self-approval.	Affirmation. Be specific. Be enthusiastic. Acknowledge positive traits verbally or in writing.	
	Affection. Show affection when things go badly. Show kindness, and it will multiply and be returned. Show friendship. Use affectionate touch when appropriate.	