

Confidence-Building Worksheet:

Activities to Boost Self-Esteem and Assertiveness

Building confidence and self-esteem in children is crucial for helping them resist peer pressure and make positive choices. These activities are designed to boost self-esteem and encourage assertiveness. Use these worksheets to engage with your child and support their personal growth.

Activity 1: Positive Affirmations

Positive affirmations can help children develop a positive self-image and boost their confidence. Encourage your child to read these affirmations daily and believe in their power.

Instructions: Have your child read each affirmation aloud and repeat it to themselves. Add any personal affirmations that resonate with them.

Affirmations:

- I am strong and capable.
- I believe in myself and my abilities.
- I am worthy of love and respect.
- I can handle anything that comes my way.
- I am proud of who I am.

Activity 2: My Strengths

Recognizing and acknowledging personal strengths can boost a child's self-esteem. This activity helps children identify their strengths and reflect on what makes them unique.

Instructions: Ask your child to list their strengths and provide examples of when they have demonstrated these strengths.

My Strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

Activity 3: Role-Playing Assertiveness

Role-playing can help children practice assertive communication in a safe environment. This activity encourages children to role-play different scenarios where they need to assert themselves.

Instructions: Use the scenarios provided to role-play with your child. Discuss the best ways to respond assertively.

Scenarios:

- A friend asks to borrow something special to you and you don't want to share.
- Someone is pushing you to join in on something you're not comfortable with.
- You need to tell a teacher about a problem but you're feeling nervous.

Activity 4: Gratitude Journal

Keeping a gratitude journal can help children focus on the positive aspects of their lives. This activity encourages children to reflect on what they are grateful for each day.

Instructions: Have your child write down three things they are grateful for each day. Encourage them to think of different things each day.

Today I am grateful for:

1. _____
2. _____
3. _____

Activity 5: Setting Goals

Setting and achieving goals can boost a child's confidence and sense of accomplishment. This activity helps children set realistic goals and plan steps to achieve them.

Instructions: Help your child set a goal and outline the steps needed to achieve it. Celebrate their progress and successes.

My Goal:

Steps to Achieve My Goal:

1. _____
2. _____
3. _____
4. _____
5. _____

These activities are designed to help your child build confidence, self-esteem, and assertiveness. Regularly engaging in these exercises can support their personal growth and help them navigate the challenges of peer pressure with resilience and self-assurance.