

## Dealing With Emotions: *Self-Esteem*

When you feel like you belong, you feel good about yourself. This is called *self-esteem*.

Self-esteem is important. It gives you the courage to try new things which might seem scary, and helps you to be successful as you go through life. When you have self-esteem, you:

Take pride in what you do and try your best.

Believe that you can do amazing things, even if you fail at first.

Accept yourself, even when you make mistakes.



Recognise your good qualities, such as being caring, patient or honest.

Make a difference at home, school or in your community - no matter how small.

Feel loved and liked by other people.



## Wellbeing And Belonging

Every person has a talent or skill to contribute to the world. This means that we are all valuable and we all have a special role to play.

Having a sense of belonging can make us feel good about ourselves and recognise how important we are, but sometimes we might not feel this way.

As we go through life we all experience different emotions, but when you know how to deal with them it encourages you to believe in yourself and have good wellbeing.

## What Does It Mean To Belong?

When we feel like we belong and fit in, it can make us feel happy. There are lots of different places we can feel like we belong:

At Brownies or Cubs



Within faith groups



At home



With friends



At sports clubs



At school



However, a sense of belonging relies on:

Valuing and accepting others



Accepting and celebrating that every one of us is different and realising how valuable that is.

Being sensitive



Being sensitive to people who feel left out or unhappy.

Feel included



Being involved and enjoying the activities your group does

## Dealing With Emotions: *Low Self-Esteem*

From time to time everyone has low self-esteem, and this is a normal part of life. If you have low self-esteem you might think bad things about yourself and be unsure of what you can do. You may think that other people don't like you and this can make you feel unhappy.

It's important to know how to deal with these different emotions:

Be active



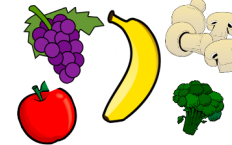
Keeping your body moving helps you feel great about yourself. Ride your bike, go ice skating, build a den with your friends - there are lots of different ways to be active.

Make a list of things you enjoy



It can be anything; drawing, reading, playing a sport or telling a funny joke. If you enjoy it, make it your goal to practice it and get better.

Healthy eating



It's important to eat at least five portions of fruit and vegetables every day. They contain nutrients and vitamins which your body needs to grow and develop.

Get enough sleep



Sleep is very important. You might not realise it, but while you're sleeping your body is working hard to get stronger. Make sure you have enough sleep every night.

Don't compare yourself to other people



Just because your friend might be better at something than you are it doesn't mean you've failed. Everyone is great at something so don't compare yourself to other people's achievements.

Talk to someone you trust



If you feel unhappy or doubt yourself, tell someone how you're feeling. You can talk to a parent, carer, friend, teacher or anyone that you trust