

# Feeling Good About Me

## 4-H: Come. See. **EXPRESS**



# 4-H Family Back Pack #4

University of California  
4-H After School Program

# Feeling Good About Me

## Self esteem:

One of the more important goals when working with youth is mentoring and fostering a good feeling about themselves, which is referred to as good, healthy self esteem. Self esteem is defined as a human's conviction of their fundamental effective self worth with their place in the world (Brandon 2002). The two interrelated aspects of self esteem is confidence and self worth. Self confidence can be defined as a confidence in one's mind reliability as a tool in the process of making good decisions and presentation of one's self to others. You have the conviction of competency to think, judge, and know that you are competent in principle.

Humans need self respect to aide in acting to achieve values. You must consider yourself worthy of enjoying values and happiness. If either self confidence or self worth is lacking, it is impossible to achieve self esteem. While these two aspects of self esteem can be discussed separately, they are inseparable to a human's healthy psychology (Phillips, Harper, Gamble).

Self esteem is learned, not inherited and we are not born with high or low self worth. Instead, feelings about ourselves are learned beginning at birth and continue over an entire lifetime. Each new experience helps a child develop a child develop and recognize their own sense of self.



By the time a child reaches a school age his or her self concept may be quite well formed. While self concept may be formed, it is possible to change or adjust those concepts. Self esteem can be linked to the quality of the relationship that exists between a person who is significant in his or her life. You, as a parent, may become a significant person to that child. As a result, you can create changes in self-concept that are either positive or negative.

# Feeling Good About Me

## Sharing Tree

The sharing tree is a center piece for your dinner table you may choose to use it every night once a week on special occasions or when you have a special visitor in your home, like grand parents, a neighbor etc

### Supplies Needed:

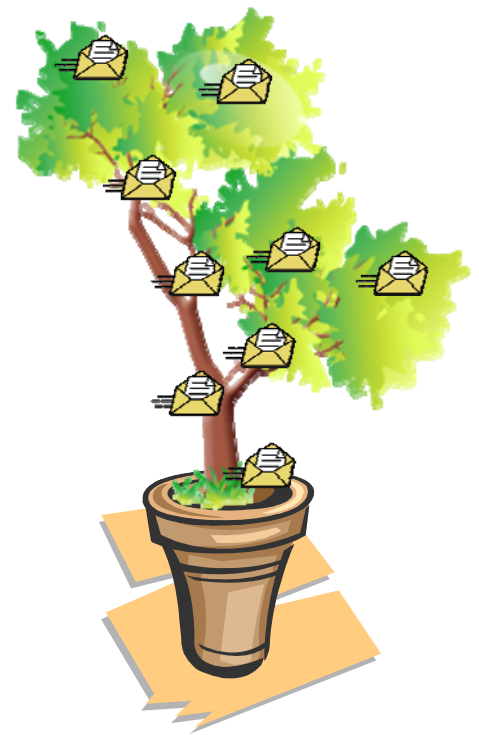
- Flower pots
- Clay
- Styrofoam or Plaster Paris
- A small branch (live or plastic)
- Pens or crayons for younger children
- Yarn or ribbon
- 1/2 sheets of paper that can be written on.

### Instructions

Place the clay or Plaster of Paris (follow instructions on package) in the center of the pot. Anchor the branch in the center of the clay. Roll your piece of paper up in scroll fashion Tie the scroll with ribbons and hang it, on the branch.

### Suggestions

For family nights pick one family member to be your special guest that evening. Write notes of encouragement, praise and thanks for jobs well done. For grandparents one might write messages of love, inspiration and thanks. This tree can also be used for thank you dinners and birthday parties.



# Feeling Good About Me

## Sharing Tree

The sharing tree is a center piece for your dinner table you may choose to use it every night once a week on special occasions or when you have a special visitor in your home, like grandparents, a neighbor etc

### Supplies Needed:

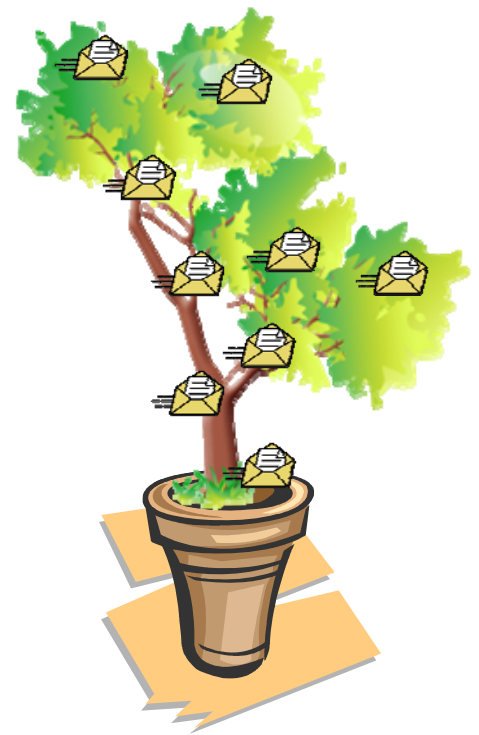
- Flower pots
- Clay
- Styrofoam or plaster Paris
- A small branch (live or plastic)
- Pens or crayons for younger children
- Yarn or ribbon
- 1/2 sheets of paper that can be written on.

### Instructions

1. Place the clay in the center of plaster Paris
2. Anchor the branch in the center of the clay.
3. Roll your piece of paper up in scroll fashion Tie the scroll with ribbons and hang it on the branch.

### Suggestions

For family nights pick one family member to be your special guest that evening. Write notes of encouragement, praise and thanks for jobs well done. For grandparents one might write messages of love, inspiration and thanks. This tree can also be used for thank you dinners and birthday parties.



# Feeling Good About Me

## Learning How to Share feelings in a Positive Way

Learning about feelings, which enhances children's self-esteem and build their self confidence. Here are some activities that you and your child can do together at home:

1. Share with your child how you feel today. Allow time for your child to describe how he/she feels and why. Let your child know that it's all right to have feelings.
2. Make a list of feelings, (angry, happy, sad, lonely, etc.) with your child. (You can use the face chart on the next page to help them describe how they feel). Place the list in a spot easily visible to your child. Ask your child each day to describe how/he she feels and to point to the appropriate word on the list. Add words to the list if you need to. Read a book with your child and spend time talking about how each of you feel about the characters.



3. Help your child make a family album. Have your child draw pictures and paste family photographs on the pages.
4. On the last page, have family members write one thing special about your child.
5. Make an album cover, then punch holes in the pages and connect them with yarn



### Suggestions

For family nights pick a television show to watch together. Discuss how you feel about the story that was dramatized. Have your child describe his/her feelings.

# Sort out Your Emotions

Educational Note: Here is a game to help you identify how your feel.

## Supplies Needed

- Handout
- Scissors

## Directions:

1. Cut out the boxes.
2. Sort the faces into two groups- how you have felt today and how you have not felt today.
3. You can also sort the faces in other ways. Have someone guess how you sorted them.

Other Suggestions: Encourage children to recall situations in which they have felt various emotions. Help them understand that it is normal to feel sad or happy and express emotions.



Happy



Sad



Shy



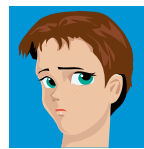
Excited



Sorry



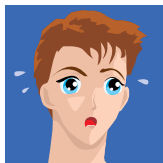
Proud



Embarrassed



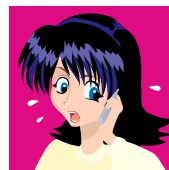
Angry



Guilty



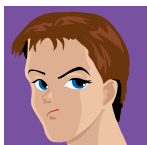
Surprised



Afraid



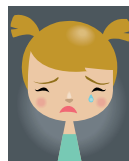
Impatient



Jealous



Hopeful



Hurt



Loved

# Feeling Good About Me

## The Good Feeling Can

Learning about feelings, enhances children's self-esteem and builds their self confidence. Self-esteem is learned, not inherited. Feelings about ourselves are learned beginning at birth and continue over an entire lifetime. Here is another activity that you and your child can do together at home to help build their self-esteem.

### Supplies needed:

- Coffee can or round oatmeal box
- Construction, contact paper, newspaper
- Scissors
- Glue
- Markers or crayons

### Directions

1. Take an empty coffee can or oat meal container and cover it with newspaper, construction paper or contact paper. Glue to the container.
2. Decorate with markers, crayons, cards or whatever items you may have around the house to make it look festive.
3. Label the can "Fantastic Feelings Sharing".
4. Place the can on a table in a room your family uses quite frequently.
5. Have each family member place anonymous notes expressing thanks to a family member for doing something that made them feel good.
6. Set aside a time at the end of each week to, as a family read each note out loud. You might want to make it a dessert time where everyone is together and enjoying a treat.
7. This activity builds self-esteem, a sense of family togetherness and a stronger appreciation for one another.



# Feeling Good About Me

## Simple Snacks kids can make to be healthier

### Supplies Needed:

- 1 container (6 oz.) strawberry low-fat yogurt
- 1 stick (0.27 oz.) KOOL-AID Singles Cherry Flavor Soft Drink Mix
- 6 strawberries
- 6 cup of ice cubes
- Blender and cover.

### Directions:

1. Place all ingredients in blender; cover.
2. Blend 30 sec. or until thickened and smooth.
3. Serve immediately.

Serves One



### Supplies Needed:

- 1/4 cup cholesterol-free egg product
- 1 English muffin, split, toasted .
- 2% Milk Sharp Cheddar Singles
- 1 slice OSCAR MAYER Turkey Bacon, cooked, cut crosswise in half

Directions-Be sure and have an adult assist you.

1. COOK egg product in skillet sprayed with cooking spray on medium heat 3 min. or until set, stirring occasionally.
2. SPOON onto muffin half; cover with Singles, bacon and remaining muffin half.
3. Enjoy

### Suggestions:

This is a great breakfast for busy kids on the run!