

Creating Soaring Self-Esteem

Coaching Package Template



Adventures In Wisdom®



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Self-esteem

How kids feel about themselves is one of the biggest influences on both their happiness and on what they create in their lives.

Positive self-esteem isn't something kids either have or don't have - feeling good about themselves, even when things aren't going their way, is a skill that they can develop.

With this coaching package you will show them how!

Summary

Lesson 1 – What is Self-esteem? (Skill Book 12)

Lesson 2 – How Your Minds Shapes Your World (Skill Book 1)

Lesson 3 – Honoring Your Uniqueness (Skill Book 13)

Lesson 4 – Neural Pathways (Skill Book 3) and Self-talk (Skill Book 15)

Lesson 5 – Power Shifting (Skill Book 5)

Always share the WISDOM for Home take home sheet with the family!



About each lesson

Lesson 1 – What is self-esteem (Skill Book 12)

- Young children often don't understand the concept of self-esteem or why it's important. Read the story *Yucky Me! Yahoo Me!* and help children understand that they are in charge of their self-esteem.
- Homework assignment: Have kids go through the "Let's Practice" exercises and be prepared to discuss them at your next session.

Lesson 2 – How Your Mind Shapes Your World (Skill Book 1)

- Review key lessons from Lesson 1 (Use Wise in Fives).
- How kids feel about themselves is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and shift them to supporting beliefs, they become empowered to handle the ups and downs of growing up without getting down on themselves. Read the story *Who's Flying Your Plane* and help kids understand how their mind shapes their world and what they can do to shape their mind!
- Homework assignment: Wise in Five for *How Your Mind Shapes Your World*.



Lesson 3 – Honoring Your Uniqueness (Skill Book 13)

- Review key lessons from Lesson 2 (Use Wise in Fives).
- Kids often live in the world of comparisons – seeing themselves as “better than” or “less than” someone else. Judgment with a feeling of “less than” leads to self-criticism and self-doubt as kids see everyone else as “better than” they are. This destroys self-esteem as kids fail to see their own uniqueness, gifts, and talents. Share the story *The Sun, The Wind, and The Rain* to help kids understand the danger of comparisons and discover what is great about themselves.
- Homework assignment: Complete the activities - “The Gift of Me” and “Exploring Gifts” from the Children’s Guide.

*Lesson 4 – Neural Pathways (Skill Book 3) and Self-talk (Skill Book 15)*¹

- Review key lessons from Lesson 3 about Honoring Your Uniqueness (could use Wise in Fives for this).
- Children’s thoughts about themselves create the way they experience themselves. Each time they think about themselves – in the “positive” or the “negative”, neural pathways are created. These neural pathways establish their beliefs about themselves.

People can tell kids they’re “great”, but if they don’t believe it deep down, then it doesn’t matter. Help kids understand that what they say to themselves is more important than what anyone else says to them.

¹ IMPORTANT: If this is the first time you’ve introduced Neural Pathways, we recommend you cover this in its own session. If you have already covered neural pathways, then a reminder of how they fit into self-esteem and reviewing the Wise in Fives will probably be sufficient. Use your judgement based on your experience with your clients.



In this lesson kids learn how to use the power of positive self-talk to create positive beliefs about themselves and to create strong self-esteem.

First read the story, *Pathway to Success* to help kids understand about why neural pathways are so important and then read the story *Choosing Your BFF (Best Friend Forever)* to help kids understand how to use the power of positive self-talk and become their own BFF.

- Homework Assignment: Create a mirror mantra and practice it every day.

Lesson 5 – Power Shifting (Skill Book 5)

- Review key lessons from Lesson 4 (Use Wise in Fives for this).
- When things don't go their way, kids often get down on themselves. A powerful skill for kids to develop is learning how to separate both events and their results from “who they are”. We call this power shifting (often referred to as reframing). Read the story *Power Goggles®* and help kids understand how to handle the ups and downs of growing up without getting down on themselves.
- Homework assignment: Complete the Wise in Five for the Power Shifting skill book.