

SUPPORT FOR LOW SELF-ESTEEM

Try filling in and/or talking through the review of the day below, alone or with a supportive parent or carer.

Your diary

1. Today I had fun when...

2. I helped someone to...

3. Something I did well today was...

4. A nice thing that someone did for me today was...

5. Today was interesting because...

6. I felt good about myself today when...

7. I felt proud today when...

**BUILD
SOUND
MINDS**

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Access additional support at:

www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/

www.youngminds.co.uk

And download the HAPPIME app (Child & Young Person versions available)