

self-esteem POSTER



WHOLEHearted
SCHOOL COUNSELING

Thank You!



Thank you for downloading this resource!

I love creating tools that invite young people to voice & shape their authentic, strong, vulnerable & brave selves and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at:

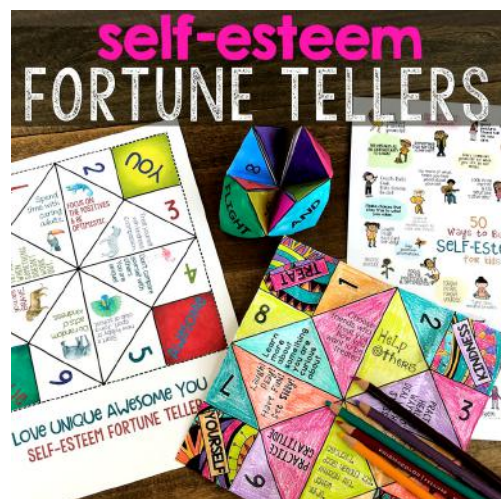
wholeheartedschoolcounseling@gmail.com

Joy to You!

This Self-Esteem Poster.....

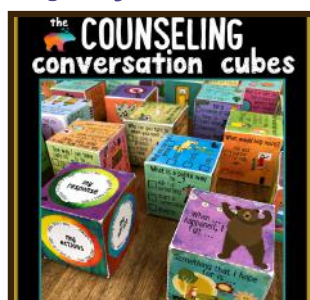
.....is part of my Self-Esteem Fortune Teller package, which includes:

- *4 do-it-yourself, customizable & colorable self-esteem fortune tellers
- *4 ready-to-go self-esteem fortune tellers, in both color and black and white
- *"50 Ways to Build Self-Esteem To-Do List" containing 50 different statements (one for younger students, one for older students) that students can refer to when designing their own, unique cootie catcher.
- *Lesson Plan for classroom and guidance lessons
- *The "Take Flight And Soar" ready-made fortune teller is perfect to use in solution-focused counseling sessions or student-teacher-parent conferences for goal-oriented conversations.



Here's a link if you'd like to check it out! [The Self-Esteem Fortune Teller](#)

You May Also Enjoy...



All new WholeHearted School Counseling Products are 50% off the first 48 hours, to be notified of new releases & promotions, follow the store by clicking here on this green star!





Like,
love,
embrace
& accept
yourself.

Show **RESPECT**
towards others
and yourself.



Use
good
posture.
Stand tall
as you
are.

Treat yourself with
kindness &
compassion,
even & especially when
life gets hard.



Follow your
curiosities & learn!
Try or create
something new.

See **MISTAKES** AS
AN OPPORTUNITY
TO LEARN.



Remember
That **NO ONE**
IS PERFECT.



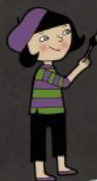
Don't compare
yourself to what
you see in the
media.



Focus on the
things you
have control
over &
can change.



Choose friends
who treat you
how you want
to be treated.



Create. Build.
Cook.
Bake. Garden.
Do Art.

Do more of what
helps you feel
good about
yourself.



Look in the
mirror
& tell
yourself,
"I Love You."



Be
YOUR OWN
BEST FRIEND.



Don't
compare
yourself
with others.
You are unique!

READ!



Make choices that
stay true to what
you value.



Learn &
practice
healthy ways to
cope with stress.



Laugh!
Play!
Have Fun!
Get Silly!

Say
positive
affirmations.



PRACTICE
GRATITUDE.



FOCUS
ON THE
POSITIVES &
BE OPTIMISTIC!



FORGIVE
OTHERS.
FORGIVE
YOURSELF.



Take slow,
mindful breaths.

Eat
healthy
food.



exercise!

Practice
daily
hygiene.

TELL
THE
TRUTH
& BE
HONEST.



Resolve conflict
peacefully
& use I-Statements.

**ASK FOR HELP
& SUPPORT**

HAVE A
GROWTH
MINDSET.



Remind yourself
that your bravery
is stronger
than your fear.

FOCUS ON
SOLUTIONS,
NOT PROBLEMS.



TALK ABOUT
YOUR FEELINGS
WITH SOMEONE
YOU TRUST.

Set goals
& work
towards
them,
step by
step.



Get enough
sleep.



SAY,
"THANK YOU"
WHEN SOMEONE
COMPLEMENTS
YOU.

DRINK PLENTY
OF WATER.



Say what
you
want,
need &
hope for.

Try again
when something
doesn't work out
the way
you hoped
it would.



Be responsible
for your choices
at school
& at home.



Limit how
much time
you spend
in front
of screens.

COMPLETE
YOUR
SCHOOL
ASSIGNMENTS.



DO random
acts of kindness.

**HELP
OTHERS.**

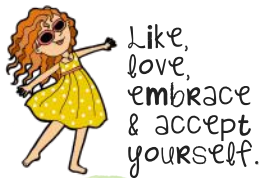
Start a new
hobby
or sport.
Join a
club at
school.



SPEND TIME WITH
CARING ADULTS.



50 Ways to Build SELF-ESTEEM for kids



Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.

Treat yourself with kindness & compassion, even & especially when life gets hard.



Follow your curiosities & learn! Try or create something new.

See MISTAKES AS AN OPPORTUNITY TO LEARN.



Remember That NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.



Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



BE YOUR OWN BEST FRIEND.



Don't compare yourself with others. You ARE unique!



READ!

Make choices that stay true to what you value.



Learn & practice healthy ways to cope with stress.



Laugh! Play! Have fun! Get silly!

Say positive affirmations.



50 Ways to Build SELF-ESTeem for kids

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PRACTICE GRATITUDE.



FOCUS ON THE POSITIVES & BE OPTIMISTIC!



FORGIVE others. FORGIVE YOURSELF.



Take slow, mindful breaths.



exercise!

Practice daily hygiene.



Resolve conflict peacefully & use I-Statements.

ASK FOR HELP & SUPPORT.

HAVE A GROWTH MINDSET.



Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.



Get enough sleep.



SAY, "THANK YOU" WHEN SOMEONE COMPLEMENTS YOU.

DRINK PLENTY OF WATER.



DO random acts of kindness.

HELP OTHERS.

Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS.



Be responsible for your choices at school & at home.



Limit how much time you spend in front of screens.

COMPLETE YOUR SCHOOL ASSIGNMENTS.



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