

Self-esteem key summary

Borba's Model

- Michelle Borba's work recognises 5 distinct areas that contribute to self-esteem.
- The first three building blocks are the areas that we most likely need to focus on.
- Only when we are sure that a pupil is secure, aware of their personal attributes and feel they belong should we try to work directly on their level of motivation or sense of competence.

Sense of purpose

Sense of competence

Sense of identity

Sense of belonging

Sense of security

Building sense of security

- Building a trusting relationship with the child
- Setting reasonable limits and rules that are consistently reinforced
- Creating a positive and caring environment

Building sense of identity

- Tree of life
- Exploring family heritage
- Creating an 'All about me' poster/ book
- Cultural celebration

Building sense of belonging

- Support to join clubs
- Facilitating peer support
- Friendship lessons
- Card sorting activities to gain pupil voice (what aspects of school they like/ don't like)

Building assertiveness

- Assertiveness training can increase self-esteem by empowering children to express their needs, opinions and boundaries
- Teach 'I' messages à "I feel (*insert feeling*) when you (*insert behaviour*). I would like you to (*insert request*)."
- Defining boundaries (physical, social, emotional)
- Using stories/ video clips to demonstrate assertiveness
- Sorting card activities (assertive/ aggressive/ passive)
- Role play
- Problem solving activities e.g., If-Then activities to plan for situations where assertiveness is needed

More ideas!

- Positive feedback & praise
- Value effort not perfection
- Promote self care
- Challenge self critical talk
- Help them set S.M.A.R.T goals and make plans
- Emotion coaching

