



Review Card 05



What to do if...

... the child has a very low self-esteem?

Self-esteem and children learning disorders

Self-esteem among children with learning disorders has been shown to be lower when compared to other children. It is important to recognize the efforts that the child may have made in school and try to seek opportunities for him/her to be proud of their achievement.

Things you can do:

Here is the list of ideas that you can apply in your classroom:

- Give children choices and never force them to participate in activities where they have difficulties (for example a spelling bee, or reading out-loud activity)
- Make sure your classroom is a safe place to make mistakes
- Don't overprotect them and don't do everything for them
- Give the child some responsibility within the class so that others can see his/her skills
- Introduce non-team-based activities during the break time so the child can join in
- Appreciate effort no matter if they win or lose
- Encourage practice to build competence
- Give them new challenges and encourage curiosity
- Be specific and genuine in your feedback
- Encourage a healthy body image and sport activities

Some examples of activities:

- **About me: self-esteem completion sentences.** This exercise helps children to identify their own positives traits and characteristics and recognize their achievements. It consists of 6 sentences which children should fill up by writing, by drawing, by sticking pictures:
 - I was really happy when...
 - Something that my friends like about me is...
 - I'm proud of...
 - My family was happy when I...
 - In school, I'm good at...
 - Something that makes me unique...